



FOOD FOR THE UNTAMED SOUL

Nutrition, Self-Healing & Lifestyle Plan for Everyone!

Holistic Health Workshop Series

Begins January 2012

www.artemisinthecity.com or 866-330-5421

Make 2012 the year that you give up crazy diets that don't work, learn to implement a truly healthy lifestyle based on whole foods nutrition and achieve the health that you want for yourself without starving, counting calories and while having a fun time!

If you have been wanting to lose weight and improve your health, but need help getting started, this workshop series is your opportunity to receive important life changing health information for a low cost. There is NO sale of nutritional products. This is a food and healing health education program.

This workshop series is based on our individualized health counseling programs that successfully help people lose weight, heal from many health symptoms and disease, increase energy, gain mental clarity, increase physical beauty and create lasting health and well-being.

Through lectures and demonstrations, you will learn how to make the best choices for total wellness.

For complete class descriptions and to sign-up, please visit www.artemisinthecity.com or feel free to call us at toll-free 866-330-5421.

Workshop Series: (Mon or Tues nights in Longview)

Part 1:

Creating Wellness through Whole Foods Nutrition

Class 1 - 1/9 or 1/10 (6:00 PM - 8:00 PM)

Class 2 - 1/23 or 1/24 (6:00 PM - 8:00 PM)

Class 3 - 2/6 or 2/7 (6:00 PM - 8:00 PM)

Part 2:

Self-Healing & Regeneration through Juicing & Detox

Class 4 - 2/20 or 2/21 (6:00 PM - 8:00 PM)

Class 5 - 3/5 or 3/6 (6:00 PM - 8:00 PM)

Class 6 - 3/26 or 3/27 (6:00 PM - 8:00 PM)

Part 3:

Building the Immune System & Preventing Disease

Class 7 - 4/9 or 4/10 (6:00 PM - 8:00 PM)

Class 8 - 4/23 or 4/24 (6:00 PM - 8:00 PM)

Class 9 - 5/7 or 5/8 (6:00 PM - 8:00 PM)

Part 4:

Creating Lasting Lifestyle Change

Class 10 - 5/21 or 5/22 (6:00 PM - 8:00 PM)

Class 11 - 6/4 or 6/5 (6:00 PM - 8:00 PM)

Class 12 - 6/18 or 6/19 (6:00 PM - 8:00 PM)

You have the option of participating in the entire workshop series (12 classes / 24 hours) or only individual parts (3 classes in each part).

Sign-up by 12/31/11 and receive a discount!



Danielle Heard, MS, HHC is a Certified Holistic Health Counselor, Natural Whole Foods Chef and Founder of Artemis in the City, LLC a Holistic Nutrition Services company. Successfully healing herself of connective tissue disease and fibromyalgia forever changed her relationship with food. She firmly believes in the healing properties of natural whole foods and is dedicated to helping people make better health choices in order to improve their health and prevent disease. Danielle is a graduate of Teachers College Columbia University and the Institute for Integrative Nutrition as well as the Natural Gourmet Institute for Health and Culinary Arts.

Experience includes working with clients who have a wide range of health conditions including heart disease, cancer, diabetes, kidney disease, obesity, fibromyalgia, chronic fatigue syndrome, pain, migraines, food allergies, candida, thyroid, IBS, insomnia and more!

For a complete biography please visit www.artemisinthecity.com!