



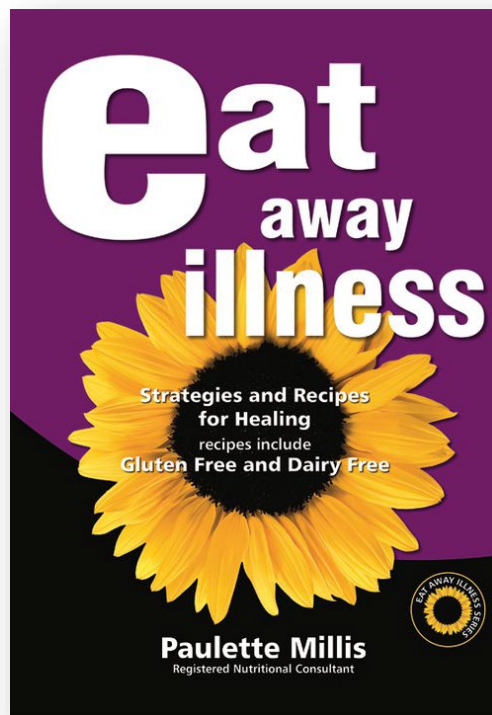
SSAI Tele-learning Workshop

Monday, November 23 at 10am

The Healing Power of Protein

Learn:

- How protein helps with healing, weight loss, clearer thinking and more energy.
- What is protein?
- What are good quality proteins?
- How much and how often do we need protein?
- Meal and recipe ideas, and resources.



Paulette Millis is a leading authority on nutrition in Saskatchewan. She is a published author with five books and numerous columns and articles. Paulette is a Registered Holistic Nutritionist and Registered Social Worker with 35 years of experience teaching, facilitating, counseling and lecturing people through life's issues and healing challenges. At this stage of her life she is operating the Heartwood Healing Center, north of Borden, for workshops and retreats. For more information on Paulette and her services visit www.eatawayillness.com.

Visit our website for more information and to register:

saskseniors.com/workshops

Questions? Phone 306-493-3023 or email: info@saskseniors.com

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