

Atlanta Macrobiotics presents



WARREN
KRAMER

MACROBIOTIC COUNSELOR,
INTERNATIONAL LECTURER
THE KUSHI INSTITUTE
New England

Study the
Macrobiotic Approach
to Health & Wellness,
Food, Exercise, Work
& Relationships

July 15-20

DINNER & LECTURE EVENT!

Wednesday, July 15
6-9 PM \$20 Special Price!

Join us for A Fun Social Evening!
Dinner at 6:00 PM
Mellow Mushroom
Sandy Springs

including Warren's Lecture
7:30-9 PM

"Supporting a Healthy Heart"
at the nearby Rueff Home
1130 Trailridge Lane, Dunwoody

BONUS: Bring a friend **NEW** to Macro
& **YOU** attend 2 lectures half-price
Thursday - Sunday

PRIVATE HEALTH CONSULTATIONS

Individual Consultations

1st visit: \$300 1 1/2 hours Revisit: \$250 - 1 hour

Family Consultations

1st visit: couple (2) \$500 - 2 hours
Revisit: couple (2) \$425 - 1 1/2 hours
Family of 3 & more \$175 per person added
Allow 2 1/2 hours for 3 people
or \$300 - 1 1/2 hour

15% Discount!! Call for Details!!!

RSVP Marsha Rueff 770 . 396 . 9413

PLEASE WRITE CHECK

TO MARSHA RUEFF

1130 TRAILRIDGE LANE, ATLANTA, GA 30338

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www.atlantamacrobiotics.com

Please refrain from wearing fragrances to events. Thank you.

COOKING CLASSES 1 - 4 PM \$45
followed by LECTURES 5-6:30 \$25

Sat. July 18: Wrap it Up! Awesome Sandwiches & Wraps! Adore sandwiches like us? Sample this variety, & your new favorites are sure to match ours!

Lecture: Application of the 5 Transformations: How to Discharge Sweets & Dairy. The effect of food doesn't just leave our body when we stop eating it. But **this principle** gets past foods out of the body to improve our well-being.

Sun. July 19: Strong Healthy Bones are made in the Kitchen! The USA high dairy consumption matches our high rate of osteopenia and osteoporosis. How so? Learn this and bone issues greatly concerning women. Focus on recipes to nourish your bones for life, plus address calcium issues.

Lecture: Practical Health Care on a Daily Basis: A hands-on workshop (participation optional), covering hara massage, do-in, body rub, key meridian points, partner massage!

Wed. July 15, Lecture of Dinner Event 7:30-9
Lecture: Supporting a Healthy Heart.

Known as the fire element organ & most active during summer, the heart is the rhythm keeper in our life, associated with **love** & **joy**. Warren discusses many heart issues, diagnosis, food, remedies & activities supporting the heart.

EVENING LECTURES 7:30 PM \$25

Thurs. July 16: Sweet Seductions: Breaking the Sugar Addiction. Consuming 147 pounds of sugar annually, people are caught in a severe addiction. One of the worst foods we can consume, Warren explains how to step off the sugar roller coaster ride once & for all!

Friday, July 17: Menu Planning Essentials

Always a class many of you request! Warren reviews fundamentals of planning delicious, balanced, seasonal meals. Hugely helping **you** by planning a week's worth of meals together. Especially as Warren explains how dishes combine! A really special, practical lecture!