

Atlanta Macrobiotics presents

WARREN
KRAMER

MACROBIOTIC COUNSELOR
INTERNATIONAL LECTURER
OF THE KUSHI INSTITUTE

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

March 3-8, 2010
Special Discounts for YOU!

DINNER & LECTURE
SPECIAL

Wednesday, March 3

6-9 PM \$35

Join A Fun Social Evening!

Dinner 6 -7 PM

Cafe Sunflower, Sandy Springs
Roswell Road @ Hammond

After-Dinner Lecture

with Warren Kramer

7:30-9 PM

“Myths & Misconceptions
about Macrobiotics & Nutrition”

at the Rueff Home

1130 Trailridge Lane, Dunwoody
30338

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

RSVP Marsha Rueff 770 . 396 . 9413

PLEASE WRITE CHECK

TO MARSHA RUEFF

1130 TRAILRIDGE LANE, ATLANTA, GA 30338

marsharueff@mac.com

www.atlantamacrobiotics.com

Please refrain from wearing fragrances to events. Thank you.

COOKING CLASSES \$45

followed by LECTURES \$25

Sat. March 6, 1-4: Where's the Protein? A Cooking Class!

Because modern diet meals center on protein, we overly focus on it! Warren explains macro options, featuring beans, tofu & tempeh!

Sat. Lecture 5-6:30 PM \$25

What's Wrong with these Foods? Have you wondered the best way to share with someone why a certain food is not a great choice? Warren explains why chicken, dairy products, sugar, tropical fruit, nightshades and many others are unsuitable foods.

Sun. March, 7 1-4: A Popular & Requested Class!!

Quick, Healthy Cooking! Perfect for all of us!!

As we are busier than ever, this practical class helps people with limited cooking time. You will love Warren's recipes & quick hints.

Sun. Lecture 5-6:30 PM \$25

Living the Great Life: the Spirit of Macrobiotics. Some people say macro is just brown rice & miso soup. Warren's take on important principles enhance your macrobiotic practice! The true gems of macrobiotics, to uncover Michio Kushi's teachings!

Wed March 3 \$30 7:30 PM

Dinner Lecture: Myths & Misconceptions about Macrobiotics & Nutrition. Sound familiar? Drink 8-10 glasses of water daily, bananas provide potassium, milk & cheese prevent osteoporosis; tofu & soymilk are choice foods, macrobiotics is for cancer - a healing diet from Japan, & more! This class examines the truths & demystifies macrobiotic theory & practice! It's special!

EVENING LECTURES \$25

Thursday, March 4 7:30 PM

50 Ways to Love Your Liver It's connected with so many health issues: headaches, joint pain, eye issues, irritability, PMS, hot flashes, skin disorders, fibroid & prostate. Learn food, remedies, lifestyle factors & total approach to spring cleansing for your liver! Perfect time!

Friday, March 5 7:30 PM

A New You in 2010! Taking your Health to a New Level! New Year's resolutions include weight loss & being healthier. So why do most people fall short? Warren's inspiration & insight offers success this year. Make 2010 a year for real change!