

## The Energetics of Food: Fall



We feel the wind pick up speed and blow in gusts; we breathe in a chill as the air turns more crisp and thin; and we hear the dry leaves crackle under our feet. And inside our body we actually mirror the same qualities of the fall season as our own pace starts to quicken with busier schedules; we more easily catch cold with the irregular weather patterns, and our skin naturally begins to dry out and crack. So what's the healthiest and most effective way to counterbalance these changes in our body? Hands down it's our FOOD!!!

Join Lisa Grazan, Naturopath and Certified Natural Health Professional, and Meredith Hartlage, Holistic Nutrition Consultant and Adjunct Professor of Nutrition at W&J as we discuss the energy of our foods for the fall season and how to optimize our wellbeing through what we eat.

Participants will learn:

- How to slow down, warm up, and ground our body through our food choices
- What organs are most vulnerable during this time of year and how to best protect them
- Which cooking techniques are most beneficial during the fall season
- Recipes and demonstrations

**When:** Tuesday, October 16th from 6:00-7:30pm

**Where:** Sunnybridge Natural Foods & Cafe  
130 Gallery Drive, McMurray, PA 15317

**Cost:** \$30 for the class, includes samples, demonstrations and recipes

**RSVP:** 724-350-0759 or [growingtheseed18@gmail.com](mailto:growingtheseed18@gmail.com)