



Peaceful Gardens  
Organic Cooking School  
presents;

Sherry Strong's  
Anti Diet one day seminar  
and cooking class February 10th 9:45 to 4pm

As always in the Anti Diet seminars you will learn;

- what is really in your food and what impact it will have on your body and long term health.
- the easiest way to source and prepare foods that will give you more energy, help you think and feel better and keep you around for a longer life with quality of life

You will leave the day;

- feeling better about yourself and your body
- with clear steps you can take to immediately change your life for the better
- an unsurpassed sense of peace around food and eating
- tools to take the mystery and confusion away from what to eat

The team including Tina, Maria and Carolyn will be on hand to provide the vital support that makes the day such a success with people leaving feeling inspired and pampered.



**Hi Everyone!**

***I am really excited about this year's Anti Diet Workshop with changes that I truly believe will make a huge difference in what people already describe as a "life changing" course . I sincerely hope to see you there and I am committed to you getting the most out of your day or will guarantee your money back.***



***First of all there are going to be new recipes (as part of the 3 hour cooking class) that will seduce your taste buds as well as make your heart and body sing with vibrancy!..... Very cool recipes.***

***Secondly there will be new additional information from my book that you will have a sneak preview of including some of the Illustrations I've been working on;***

***Learn...why if I am an intelligent, together, happy person do I eat foods or too much of foods that I know are not good for me? And more importantly how can I change this?***

***....how the mind shapes the body and the secrets to shaping the body you want with your thinking.***

***We are going to cover all these things and much more so you can walk away and make 2008 the year you turned things around and started to enjoy health and wellbeing on an unprecedented level.***

***I am so looking forward to seeing you on the day and would really like you to know that I am here to help, be of service so you make your time with me and your investment well worth it!***

***Sherry Strong***

**Book by February 6th**  
to you receive a gift bag  
Sherry has organized  
including a  
beautiful bottle of Mt. Zero  
biodynamic (that's one better  
than organic) cold pressed  
extra virgin olive oil valued at  
\$16, an audio CD  
revealing the secrets on how  
to get Unlimited Energy  
valued at \$20 and a few other  
surprises she is still sourcing.

If you have any questions about the day just call me and I would be happy to talk to you find out if it would be right for you. Sherry m: 0412 098 992 or landline 03 9314 4131 or if you want to book one of the last few seats call Tina Collins from Peaceful Gardens cooking school m: 0417116851 or landline: 5664 2480  
**Cost of the day is \$350**