

## *TRG Living Health*

Orchestrating Whole Self Health and Natural Nutrition

[www.terigentes.com](http://www.terigentes.com) [www.familyphysio.com](http://www.familyphysio.com)

613 277 5817 613 521 9800 ext 303

### OTTAWA EVENTS:

#### Canadian School of Natural Nutrition

1510 Merivale Rd, Ottawa, ON

#### Easy Ways to Healthy Eating

**4 Part Cooking Workshop series beginning Jan 19th Tuesdays 6h30 - 8h30**

1. Fabulous Foods to Fuel your Mornings - January 12th
2. Terrific Lunches for Life on the Go - January 19th
3. Simple Suppers that Satisfy - January 26th
4. The Best of Snacks and Sweets - February 2nd

Cost: \$40 per session or \$140.00 for the 4 part series TO REGISTER: **613 523 2766**

#### Soloway JCC Power Eating Workshop Jan 25<sup>th</sup> 10h45 - 12h15

1 Nadolny Sachs Pvt, Ottawa

Learn of key elements integral to your health and leave with the know-how and inspiration to build a strong foundation for enduring well-being

To Register: 613 798 9818

#### Heritage College EATING ESSENTIALS SERIES and II An eight week series

325, boul. Cité des Jeunes, Gatineau, QC Tel.: 819-778-2270 ext. 2801 or 2800

Change your diet, Change your life. Education, information, demo's, tastings and inspiration for transitioning to healthy habits that are easy to sustain.

Look, Feel, Age and Live Great!

Series I Jan 25<sup>th</sup> to Mar 15<sup>th</sup> Wednesdays 6h30 - 7h45

Series II Jan 27<sup>th</sup> - Mar 17<sup>th</sup> Mondays 6h30 - 7h45

Cost: \$125.00 TO REGISTER: [www.cegep-heritage.qc.ca/ContEd](http://www.cegep-heritage.qc.ca/ContEd)

#### LCBO Ottawa ON [www.lcbo.com](http://www.lcbo.com)

FAST FOOD, SLOW FOOD – \$50 Wednesday, April 7th 6:00 – 8:00 PM

ECLECTIC MOTHER'S DAY BRUNCH – \$75 Wednesday, May 5th 6:00 – 8:30 PM

For info and registration pick a brochure or visit the LCBO website

Personal, Family and Group consulting and training at [Family Physio Wellness Centres in Ottawa, ON](#).

Teri's home office is in the new and beautiful 7000 square foot Bank and Heron location.

Visit: [www.familyphysio.com](http://www.familyphysio.com) or

<http://search.creativecommons.org/?q=family+physio++centres+Ottawa&sourceid=Mozilla-search>

#### ON THE ROAD in 2010:

**Can Fit Pro International Personal Trainer, Mind Body and Wellness Conference**

Montreal Feb 5-7<sup>th</sup> [www.canfitpro.com](http://www.canfitpro.com)

**YMCA Connection Fitness Conference Feb 27<sup>th</sup> Hampton Park Inn Ottawa, ON**

[www.ymcaywca.ca](http://www.ymcaywca.ca)

**DCAC 2009 International Fitness Conference April 14<sup>th</sup> - 18<sup>th</sup>**  
**JW Marriot Houston, TX [www.dcacfitness.com](http://www.dcacfitness.com)**

**American Fitness Professionals Personal Trainer & Mind Body Conference**  
**Ocean City, MD April 29<sup>th</sup> - May 2<sup>nd</sup> [www.afpafitness.com](http://www.afpafitness.com)**

**Can Fit Pro International Personal Trainer, Mind Body and Wellness Conference**  
**Toronto Congress Center, Toronto, ON Aug 11<sup>th</sup> - 15<sup>th</sup> [www.canfitpro.com](http://www.canfitpro.com)**

For more info on these events and services: [teri@terigentes.com](mailto:teri@terigentes.com) or 613 277 5817

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[www.pitabreak.com](http://www.pitabreak.com)