

Healthy Holidays



Eating for Emotional Balance & Immune Support This Holiday Season

CAMP HARKNESS FUND

Welcomes Holistic Nutritionist, Krystal Ross

Join The Vital Mama at Camp Harkness Hall and learn how to:

- Prepare quick & simple recipes
- Reduce Stress Through Relaxation Techniques & Food Choices
- Use essential oils for cooking

5PM-7PM

October 25th, November 1st and November 15th 2016

At Camp Harkness Hall

Each session is \$10.00 and includes dinner.

Please call (860) 443-7818 to RSVP

Two days before each date

Camp Harkness
301 Great Neck Rd
Waterford, CT 06385



For people who cook for themselves or others; parents, caregivers, and anyone who is interested in nutrition for optimal health and well-being throughout the holiday season and beyond.