



Path Intl. Premier Accredited Center

Eating the Colors of the Rainbow



A Horses Help Presentation by
Midwestern University



Make your plate healthy and fun!

- This event will keep topics simple and fun!
- Learn how to put together a health conscious meal which may prevent/decrease risk of chronic diseases.
- Compare nutritional printouts to make better food choices
- Taste multicolored veggies
- Get answers to your questions!



See very practical ways to develop meals to help a variety of ailments !

Come, learn and have some fun😊

Date: Thursday, December 7, 2017

Time: 6:00 pm – 7:30 pm

Location: Horses Help
2601 E. Rose Garden Ln
Phoenix, AZ 85050
602 569 6056

Age: Open to 12 years and older

EVENT IS FREE WITH PRE-REGISTRATION

\$5.00 at the door without pre-registration.

**For questions or to pre-register:
Pat Evans at pat.e@horseshelp.org
435 760 4787**