

Gems Natural Health Center

Presents

Principles of Health Seminar

Presented by

Dr. Keith Lawrence Ph.d

Natural Health and Nutrition

Certified Natural Health & Nutrition Counselor

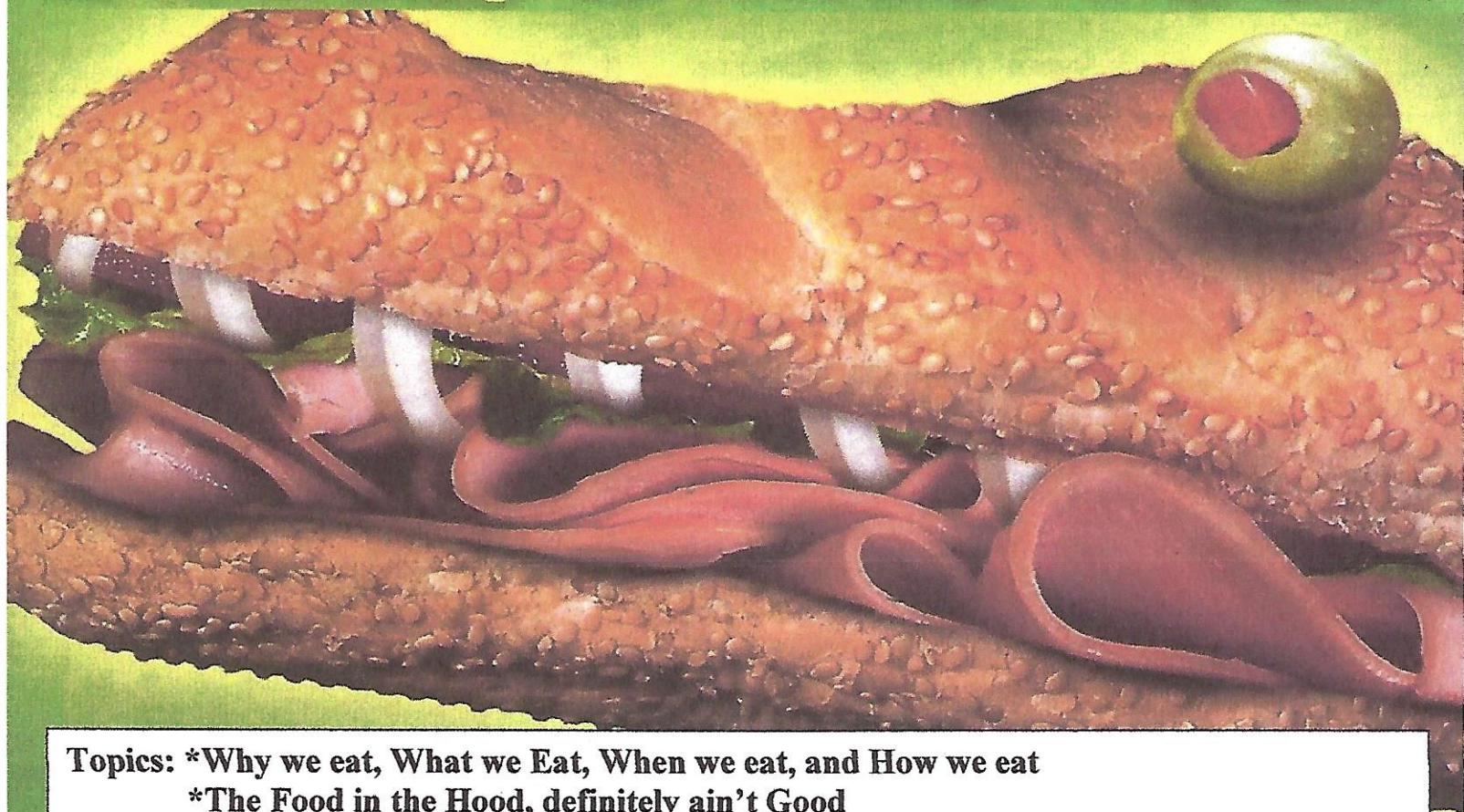
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Precious Lawrence

Healthy Lifestyle Coach/Evangelist



IS WHAT YOU'RE EATING, EATING YOU?



- Topics:**
- *Why we eat, What we Eat, When we eat, and How we eat
 - *The Food in the Hood, definitely ain't Good
 - * How to stop killing yourself daily with your knives, spoons and forks
 - *Eating according to culture, A good or Bad thing?
 - * Fatback, Skillet and Potlicker, Yall!
- ** Film presentation: "From the Plate to the Grave"**