

The Sisterhood of the JCNWJ

Invites Everyone to Experience

The Mind-Body-Spirit Connection



Wednesday, November 30
7:00 p.m.
The Jewish Center of Northwest Jersey

Food is medicine for the body and soul

Understanding the basic nutrition needed for your body and mind to function at its optimal best can be confusing with all the information available today.

Holistic health practitioner, natural foods chef and yoga instructor, Delia Quigley delivers this vital information in simple layman's terms geared for anyone interested in understanding their relationship to food, to their body and ultimately to themselves.

You will learn how to make healthier food choices that will improve your immunity, increase your energy, help to manage your weight, and ease menopausal symptoms.

The Body-Brain-Food connection has been proven in scientific trials, and Delia will explain how you can easily make the necessary dietary changes in a step-by-step process.

You will also learn a sequence of gentle yoga stretches designed to calm

and de-stress your Body-Mind.

Delia has been teaching people the importance of eating a whole foods diet for 30 years.

She conducts on-going yoga, nutrition and cooking classes, and is the author of 7 books on health and nutrition.

She writes for the Care2.com website and can be viewed at: www.deliaquigley.com.