



YACHAD TORONTO PRESENTS

THE NEXT CHAPTER:

BOOST YOUR WELL-BEING IN 2021!

NUTRITIONAL STRATEGIES FOR HEALTHY LIVING

FEATURING MARSHA FENWICK

HOLISTIC NUTRITIONIST

Online Event March 3, 2021 @ 7:30 • \$36

Register at yachad.org/marshafenwick

For more information call 416-986-1985

An enlightening conversation about

- Supporting your immune system through nutrition and supplements
- Getting your gut in order
- Plant-based eating
- Mood & Food
- Marsha will share a sumptuous recipe



Passionate about the impact of food on your health, Marsha utilizes the power of nutrition to help optimize health and address root causes contributing to illness.