The New Health Paradigm: Workshop on Rethinking Your Health, Your Age and Your Future

September 6, 10 am – 2 pm. Held in a private residence in Oroville CA. Bring a brown bag lunch, refrigeration will be available.

Workshop will cover the following topics:
  - What Really Determines Health
  - New Science and Nutrition
  - Chronic Illnesses
  - Why the Gut is So Important
  - Spirituality, Stress Relief, & Emotional Fulfillment
  - Alternatives to Exercise
  - A Health Road map for you Future

Speaker - Celia Hirschman – Certified Health Coach

Trained a the Institute of Integrative Nutrition, Ms Hirschman has studied with the world's top health a & wellness experts including Deepak Chopra, Walter Willet, Dr. Andrew Weil, Dr Mark Hyman and many others. This education has armed her with extensive cutting edge knowledge in nutrition, integrative health coaching and disease prevention.