

Abundant Living Lifestyle Center

HEALTH AND WELLNESS RETREATS



Experience practical training as you learn steps for making health a habit in your daily life. Join us for *hands-on food preparation instruction, health education, encouragement and inspiration* as you move forward along your personal health journey.

DURING YOUR STAY YOU WILL LEARN:

- The advantages of a plant-based diet
- The benefits of raw foods and fresh juices
- How to prepare natural, wholesome recipes
- Practical tips on how to transition to a wholesome diet
- The importance of physical activity, fresh air, sunshine and rest . . . *and so much more!*

For retreat schedule and further details visit
www.abundantlivinghealth.com



Abundant Living Lifestyle Center & Health Foods

Calera, AL 35040 • 205-669-5483 • info@abundantlivinghealth.com