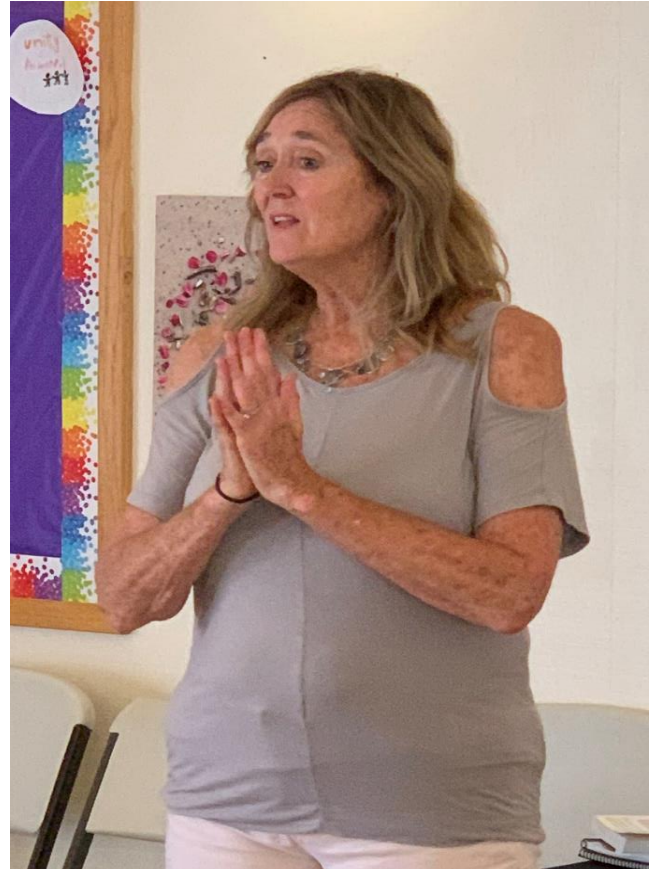


2019

SDRC September Gathering

September 14th -
Body & Soul Nourishment
with Elaine Bryan



YUMMMM!!





Elaine also works with Doctors and Cancer patients!!

We were all delighted by the food and the presentation!! Elaine is so well informed about nutrition and how the body likes real foods that combine nutrients instead of the effect of single vitamins.

I thought I new about nutrition, but Elaine took the subject to a whole new level. She even discussed the color of foods and how they enrich the body.

I would definitely go to another presentation on the subject - if Elaine is talking about it!!

