



"WHO'S FEEDING YOUR FAMILY"
EAT WELL • FEEL WELL • LOOK WELL
LECTURER



**Food that feeds the body
Meals that enrich the family**



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THE MARKER....."an excellent book.....should be in every home"

מטבח בריא משפחה בריאה

Healthy Kitchen Healthy Family

an informative lecture by Barbara Schipper

LEARN HOW TO :

- Lose weight without feeling hungry
- Regain your health and your energy
- Stop the passion for cakes and chips and burekas etc
- How to end the need to diet because diets don't work

UNDERSTAND:

- how mealtimes can contribute to your family's happiness
- how to get your kids to learn responsibility
- how to know what your teenagers are thinking and doing
- how family meals improve family dynamics

Food that feeds the body, meals that enrich the family. The glycemic index to proper nutrition. When the kitchen at home is run according to the glycemic index the health of the entire family will improve tremendously with no special effort.

This coming Sunday evening, Feb. 5, at 8:00 pm in the yishuv library.
Men and women are invited. Free Entrance!