



Health Is Not The Luck of the Draw...

You Just Have to Know What to Eat!

Join Keynote Speaker

Christina Pirello

Emmy Award-winning host of *Christina Cooks!*

Saturday, November 12, 2011

Heart to Hearts, Inc.

8th Annual Women's Wellness Day

8:00 AM – 2:30 PM

ETS campus, Conant Bldg., Princeton, NJ

Lecture...Q & A...Book signing

It seems we're all confused today...what should I eat and what shouldn't I eat...what's really healthy and what's really not healthy...what are the most important foods I can add to my diet to improve my overall health? We are told that disease is heredity or just fate...but nothing could be further from the truth. While lots of factors play a role in your health, your destiny is not dictated. You have the ultimate say in your health. You just have to know what to eat.

Join me and empower your life.



About Christina

Since 1998, Christina has been teaching whole foods cooking classes and conducting lifestyle seminars and lecturing all over the United States and beyond about the powerful role food plays in our lives.

Christina is the Emmy Award-winning host of the national public television series *Christina Cook*, which airs on over 200 PBS stations nationally.

Christina has written five books, including the best selling *Cooking The Whole Foods Way*. Her sixth book, *I'm Mad as Hell and I'm Not Going to Eat it Anymore* is scheduled for release December 2011.

Follow Christina on Twitter, Facebook and online at christinacooks.com

To register, contact Terry or Sue at 609-689-3131 / 609-771-9048 or go to the website, www.hearttohearts.org/WellnessDay