

A WALK ON THE BEACH VII

56 NORTH SHORE DR.
SOUTH HAVEN, MICHIGAN
 Call To Register: 1-269-906-2226

NOVEMBER 2-4, 2012

Change Your Food...
 Change Your Life! vegan-gal.com



BEFORE



AFTER

Keynote Speaker
 and your Hostess

**JILL
 ÖVNIK**

Certified Food Educator and Culinary instructor for The Cancer Project, Ovnik teaches the healing and restorative powers of whole plant foods. She is the author and producer of the 80 minute DVD: "Change Your Food, Change Your Life" (available at Netflix, Vegan-Gal, and Amazon.com)

Covering topics on saving \$\$ at the grocery store. Saving time in the kitchen. Meal Planning. Immune Boosting Meals and Snacks. Raw Recipes to love everyday.



**DR. KERRIE
 SAUNDERS**
 MS, LL.P, PH.D

Dr. Kerrie Saunders, MS, LL.P, Ph.D, is an internationally known Presenter and Author. Her popular advice column, "Dear Dr. Kerrie", has been regularly featured in the award-winning, national lifestyle magazine, VegNews.

Dr. Saunders is one of four Global Diabetes Moderators for the Physicians Committee for Responsible Medicine, and she is currently working on the development of Casomorphin Addiction Theory. Saunders recently released DVD, "When Bachelor meets Homemaker!" will be available at the Retreat.

Nutritional Research Updates: 2012

Join us for an overview of all the latest and greatest clinical reports on soy, diabetes, caffeine, chocolate, carcinogens, cancer, heart disease, fruits and much more! New news guaranteed to rock your world!



Receive certificate of completion -
 Introduction to Plant Based Diet!



EVELYN KISSINGER, MS, RD

Evelyn Kissinger, MS, RD is a lifestyle consultant, registered dietitian, international speaker, author and teacher. She specializes in creating and conducting wellness programs for corporations, groups, and individuals. Evelyn has co-authored three books. She has also authored the book "Change Your Body One Bite at a Time", a shopping video: "Easy Healthy Shopping" and a 2 hour cooking DVD: "Easy Healthy Cooking".



SUSAN MILLIRON

Diagnosed with Gout, Sjorgrens Syndrome, high blood pressure, high cholesterol, depression and diabetes 6 years ago, Susan began her journey to regain her health. No longer Diabetic and 60 pounds lighter, Susan has transformed her life and has a passion to help others with what she has learned and practices in her life.

Susan is a Level 1 and 2 Raw Food Chef Certification from the Creative Health Institute/Alissa Cohen and the Raw Food Teacher Certification program through Andrea McNiche and her company Regeneration Raw.



CHRISTINE NESCI

Certified fitness instructor since 2003, Christine enjoys helping people reach their fitness goals. Spin, core strength, chair yoga, kickboxing & step are just a few of her specialties. Nesci has been married since 2001, is a vegetarian and the mother of two young boys.



PAUL FREDERICK

PT, MA, OCS, CSCS

Board Certified Clinical Specialist in Orthopedic Physical Therapy

Fitness and Injury:
 Strategies for the Lifespan
 Stay safe, stay lean, stay healthy.



LUANN BERMEO

LuAnn Bermeo, cookbook author and fabulous chef has graced past Retreats with her Amazing Meals and loving personality. Her 700+ page cookbook set: Amazing Meals I & II is the #1 selling cookbook at Apple Valley. You may contact LuAnn to inquire or purchase her cookbook at luann6@msn.com. These cookbooks have been hot items at previous Retreats as they are very meticulously written and well tested on LuAnn's large family! She also has a new, super "fantabulous" recipe for Cream of Almond Soup!



SARA HARDINA

Sous chef and C.H.I.P graduate
 The most excellent kitchen dream team member,
 Sara has been to all of the Retreats!



"This is the best weekend I have had in a long time. I learned alot and that was the reason I came. The recipes were awesome." - Debbie P.

"I will live out the benefits of this weekend for the rest of my life. Looking forward to sharing recipes with my friends and family." - Pam D.

"It was an incredible weekend that I will never forget. It truly changed my life. It was more than I ever expected. The accommodations were outstanding, Just what I needed." - Mary C.

Sponsored by Vegan-Gal.com and



Your "Walk on the Beach" Retreat weekend cost includes:

- 6 delicious, healthy meals
- Cooking demonstrations
- Hands-on cooking opportunities
- Recipes
- Tastings
- Guided meditation
- Stretch and strength classes
- Excellent, Educational, inspirational presentations from professional, talented, world-class guest speakers and/or chefs.
- Reflection, recharging and YOU time.

Nightly Room Rates:

- \$80 - Full or Queen size bedroom for 1 or 2 persons (shared bath)
- \$90 - Twin bedroom
- \$100 - Bunk bed room (sleeps up to 3 people)
- \$130 - Private bath suite
- \$150 - Master Suite (King bed and luxury bath)



A relaxing, healthy, fun and informative weekend - all for only \$235!

Pay \$100 now to reserve your room!

Send Payment To: P.O. Box #188 • South Haven, MI 49090

- ✓ Subtract \$25 off the total if you've attended a previous Retreat, Food for Life Series, or Corporate Wellness Program of Jill's
- ✓ Add \$75 if you'd like to treat yourself to a wonderful, deep or relaxing full body massage

Total Due: _____
 Minus Deposit: _____
 Balance Due: _____

Name _____

Name of Roommate/Spouse (if applicable) _____

Address _____

City _____ State _____ Zip _____

Home# _____ Cell# _____

E-Mail _____ Dietary issues/special needs or allergies _____

2nd E-Mail _____

Deposit required. Space is limited! Balance due upon arrival.

Check or cash preferred. Visa, MC, accepted and your card will be charged by Movie Facts, Inc.

Card# _____ Exp. Date _____ 3-Digit Code _____ or call me to run through at 269-906-2226.

*directions and what to bring list will be sent or e-mailed to you about 2 weeks prior to the weekend.

Deposits are fully refundable before October 23rd. No refunds will be given after October 30th.

Can't guarantee availability of room. Will call to verify once deposit is received. ***program subject to changes.

RELEASE - I forever release and discharge Jill Ovnik and Vegan-Gal.com, the teachers, employees and anyone involved with the retreat weekend from any liability resulting from my participation in the program. I understand that there is a \$100 withdrawal fee and that no refunds will be given after October 30th (however you may be credited towards a future retreat weekend.)

Signature x _____

FOR OFFICE USE ONLY:

date deposit recieved: _____ method of payment: _____ amount of deposit: _____ cldd into MF: _____ applied: _____
 Balance Due: _____ date rec'd: _____ method of payment: _____ cldd into MF: _____ Applied: _____

Notes: _____ Room assignment _____