

WALK

on the BEACH

WFPB RETREAT

OCTOBER 18-27, 2019
SOUTH HAVEN, MICHIGAN

REGISTER
BY 9/1 FOR
EARLY BIRD
DISCOUNT!



8 days & 9 nights of Whole Food, Plant-Based (WFPB), oil-free FUN!

Learn the science behind lasting change

Physician's Committee for Responsible Medicine Lectures on Weight Loss, Cancer and Diabetes prevention by certified Instructor and Hostess Jill Keb, C.F.E.

Beautiful accommodations in the renovated Monroe Park 'FishBowl'.

Sweeping views of the river and a large entertaining deck that's just steps from the soft, sandy beach at Lake Michigan.

Glorious, filling and nutritious meals included • Focus on personalized, hands-on cooking classes

Leave with an easy meal plan for continued weight loss/optimal health/delicious meals!

Excellent exercise classes from our 7 million dollar Wellness Center*

Personal consultations with Jill on your health and food goals.

Opportunities for yoga, kayaking & biking along our 44 mile Kal-Haven trail*

Miles of soft, sandy beaches for a tranquil and reflective recharging time.

ALL FOOD IS SUITABLE FOR DAIRY-FREE, GLUTEN-FREE, VEGETARIAN & VEGAN LIFESTYLES!

*Also available at extra charge.


MEET YOUR SPEAKERS



Certified Food Educator and Culinary instructor for Physician's Committee For Responsible Medicine, Keb teaches the healing and restorative powers of whole plant foods. She is the author and producer of the 80 minute 2005 DVD: "Change Your Food, Change Your Life" and founder of VeganGal.com & HealthyFactsInc.com



Jill
KEB


(Find hundreds of free recipes here!)



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. She has authored "Change Your Body One Bite at a Time" and co-authored three books.

Evelyn
KISSINGER MS, RD



WHY IS EATING RIGHT IMPORTANT?

"With the exception of breast milk, all taste is adapted. To experience optimal health, one must strive to have a dietary lifestyle in which there is a predominant density of nutrition and fiber found in whole plant food." Jill Keb, C.F.E.

Have you seen friends and family suffer from diseases related to the Standard American Diet (SAD)? Have you always wanted to try WFPB cooking? Would you like to make your WFPB cooking more nutritious and enjoyable for your family? Do you want to know what else there is to WFPB cooking other than eating salads? **Have you ever thought that you couldn't give up cheese?**

You CAN adjust your taste buds! You CAN drastically improve you diet and thus - your vibrant health outcomes! You CAN learn to cook in a different way and also learn to save money doing so! You CAN make healthy cheese, dressings and desserts at home! You CAN please yourself and your family with the recipes you will learn how to make!

Come, join Jill to explore healthy WFPB selections, prepared using whole grains, dried beans, lentils, potatoes, spices, nuts, fruits and vegetables. You'll learn to prepare WFPB appetizers, snacks, side dishes, main dishes and desserts that are yummy and highly nutritious, without the added fats from oil. Preparing food using a variety of natural ingredients of different colors, tastes, textures, smells is Jill's specialty.

Also, because space is very limited to 7 or 8 guests, the week can be tailored to focus on your specific goals.

Each day will include quiet time, meditation, reading, writing, walking, stretching, cooking classes, one on one time with Jill or Evelyn, 100% WFPB (Whole Food, Plant-Based, no oil) meals, Food For Life curriculum and more! Additional opportunities for Yoga, Wellness Center Classes, Massages, Manicures/Pedicures, Biking, Kayaking, Facials etc... depending on your desires for the week. This time will be all about YOU getting fed nutritionally and spiritually!

"I appeal to you therefore, brothers, my mercies of GOD, to present your bodies as a living sacrifice, holy & acceptable to GOD, which is your spiritual worship." - Romans 12:1

Program begins Friday Oct. 18 6:00pm, ends Sunday Oct. 27 1:00pm

LIMITED SPACE AVAILABLE. Call Jill to reserve your spot with a \$300 credit card deposit – 269-906-2226 or send a check to: The Facts Media • 1420 Renaissance Drive, Suite #400 • Park Ridge, IL 60068

REFERRAL BONUS: \$50!! Tell your friends, family and acquaintances!!

Who referred you or how did you hear about us? _____

Name _____

Home# _____ Cell# _____

Name of Roommate/Spouse (if applicable) _____

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

2nd E-Mail _____

Address _____

\$2,295 Single Occupancy

\$1,795 Per Person, Double Occupancy

City _____ State _____ Zip _____

Early pay discount - sign up and pay by 9/1 to get \$100 off!

\$300 Deposit required. Space is limited! Balance due 1 day prior to arrival.

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

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 non-refundable. Future retreat credit will be given prior to cancellations by October 10th.

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 Keb and The Facts Media, 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 \$300 withdrawal fee and that no refunds will be given after October 10th (however you may be credited towards a future retreat weekend.)

Signature x _____

FOR OFFICE USE ONLY:

date deposit received: _____ method of payment: _____ amount of deposit: _____ cld into MF: _____ applied: _____
 Balance Due: _____ date rec'd: _____ method of payment: _____ cld into MF: _____ Applied: _____
 Notes: _____ Room assignment _____