

Eat to Thrive
Week Five Agenda
Wellness Physics & Meditation
Thursday, June 30, 2022
6:30 – 8:30 pm EST

Zoom Link

<https://us02web.zoom.us/j/86828301519?pwd=a1ZMOENrNy9oRlMwbWFHUGZEYjhDdz09>

Meeting ID: 868 2830 1519

Passcode: 950124

**Call me if you have any trouble registering for
Or getting into the class**

On June 30th you can also text or call Valerica Stanca, TA, for help 617-460-0698

6:30 - 6:32 pm: Meditation led by Randy Jacobs

6:32 – 7:00 pm: Anastasia Smith Recipe Presentation (For Recipes see Day 9 in Daily Menu Recipe Book in ETT Classroom Page)

- Breakfast – Green Shake
- Lunch – Ambrosia (Fruit) Salad
- Carrot Salad

7:00 – 7:45 pm Leslie Barnett “The Physics of Feeling Your Best” and Q& A

Leslie@BarnettWellnessConsulting.com, <https://www.barnettwellnessconsulting.com/>

7:45 – 8:30 pm Peter Cutler “Oneness and Non-Separation related to Health and World Engagement” sedonazendo@gmail.com, <https://n-lightenment.com>

Home Activity:

- Read Chapter 6
- Watch
 - 2 different Supplement videos
 - Genetic Roulette (optional)
 - Cowspiracy (optional)