

Agenda Eat to Thrive
Week Two – June 9,, 2022

6:30 – 7:00 pm Guided Meditation & Recipe Presentation- Lena Winston

- Chia Porridge with Almond Milk and Berries
- Eggless Egg Salad
- Zucchini Noodles with Pesto Sauce

7:00 – 7:05 pm

- Introductions by those absent last week
- Homework Assignment
 - Order sprouting kits from “Perfect Food” or from Betsy (\$25) if pick up
 - Read chapter 3 “Indoors Sprouting for Fun and Nutrition”
 - Watch Videos - see eattothrive.info website under videos
 - “Growing Your Own Food” - required See notes
 - “Fat, Sick and Nearly Dead” and “Overcoming the Food Imprint” - optional
 - Game Changers – optional (free on Google) Highly recommended

7:00- pm - Joanne Schmalenberger



Joanne, wellness educator, fitness trainer and founder of GravOxy, has been born with Lymphangioma. Thanks to her open-minded approach, education about biology, physiological

anatomy, and physics, she was able to overcome her disease. Due to this awareness, she was able to create fitness training protocols that

8:25 – 8:30 pm Q & A