

Eat real food at Suppers



Experience the logical miracle

***Healing Oceans Presents
An Introduction to The Suppers Program:
An Experiential Workshop***

Figure out if foods are driving your chronic health problems,
addictions, mood swings and fatigue.
Sort out which foods do it.

**April 27, 2015, 7 pm to 8 pm
At the Healing Oceans office, 182 Tamarack Circle, Skillman, NJ**

Join **Dr. Deborah Ginsburg** of Healing Oceans Family Wellness Center and Dor Mullen of the Suppers Programs to sort out which foods are driving your chronic health problems, addictions, mood swings and fatigue. The program is for people who want to live energetic, vibrant lives - according to their intentions instead of their impulses.

Food affects us in many ways far beyond satisfying hunger.
It can be medicine or it can cause disease.

The Suppers Program:

teaches a non-judgmental way of preparing foods at home, no commercial messages allowed. It's a network of 40 groups in New Jersey meeting monthly in private homes to prepare delicious, healthy meals and eat them together.

Many who attend have health concerns that require eating in a special way. Meetings are run by trained, volunteer facilitators and are nearly free. You simply reimburse the host for the cost of making the meeting/meal, about \$10 to \$12 per session.

Here's a short intro: <https://vimeo.com/96033924>