

## *Schedule for Health Seminars*

- 29th July      Oscar Sande  
"The Gluten Connection"
- 23rd September      Kaye Sehm & Karen Walters  
*Cooking Demonstration by Kaye*  
*From Multiple Sclerosis to Health, lecture by Karen*
- 28th October      Jim & Neva Brackett from Spokane USA  
*Come and enjoy Neva's cooking Demonstration*  
*"The Heart of the Matter" lecture by Jim*  
*"What is This Thing Called Diabetes" lecture by Jim*
- 29th October      Jim and Neva Brackett  
*Cooking demonstration*  
*"DNA, Cancer and How You Can Drastically Lower Your Risk"*
- 2nd December      Kaye Sehm  
*Cooking Demonstration*  
*More Natural Remedies*