



## HEALTH SEMINAR COMMUNITY EVENT

**“REMEMBRANCE DAY” WEEKEND 2023  
EVENT BY DONATON**

**LECTURES~LUNCHEON~DINNER BANQUET  
FOOD DEMO WITH BREAKFAST**

*Presenting:*

### **“DARLENE BLANEY”**



PhD, NCP, CFT

Dr. Darlene Blaney, a nutritional consulting practitioner and certified fitness trainer, owns and operates a nutrition consulting practice, a natural food store along with her husband, as well as a private Nutritional Consulting College. Darlene has worked to develop and implement corporate wellness programs and presents community seminar workshops with practical lectures and cooking demonstrations. She has been the Volunteer Health Ministries Coordinator for the Alberta Seventh-day Adventist Conference for over 20 years. As the author of four cookbooks, she presents a simple and knowledgeable approach to nutrition and healthful cooking. Her presentations teach optimal lifestyle practices which produce wholesome results that last.

Register On [Eventbrite](#)

**FRIDAY, NOVEMBER 10 - 7:30PM**

**LECTURE: “MANAGING STRESS”**

**SATURDAY, NOVEMBER 11 - 11:00 AM**

**LECTURE: “BOOSTING YOUR IMMUNE SYSTEM”  
& “SOUP FESTIVAL LUNCHEON”**

**SATURDAY, NOVEMBER 11 - 5:30 PM**

**Q&A - “BLACK TIE REMEMBRANCE DINNER BANQUET”**

**SUNDAY, NOVEMBER 12 - 9:00AM**

**FOOD DEMONSTRATION & BREAKFAST**

***VEGETERIAN FOOD IS PROVIDED BY OUR HOSPITALITY TEAM***

**VENUE EVENT: LAKEVIEW CHRISTIAN SCHOOL,  
729 CORDOVA BAY ROAD, VIC, BC V8Y 1P7**

**Organized by an enthusiastic group of friends who want to help support  
and promote a healthy mind, body and spirit in our community.**

**Contact: [heartbeathealthclub@yahoo.com](mailto:heartbeathealthclub@yahoo.com)**

