

Living Gluten-Freedom

The Gluten-Free Coach • Interactive Presentation • Gluten-Free Venue

www.leapfrogcoaching.com

- Do you suffer stomach cramps, bloating, brain fog?
- Do you get sluggish, irritable, depressed?
- Simply want to know more about Gluten?
- Gluten-free diet: don't know where to start?
- Are you resisting changing your diet and lifestyle?



Lisa Hänel CPCC, BA
CTI* Certified Professional Co-Active Coach

"I have been living gluten-free for nearly 15 years, and it has transformed my life. The transition doesn't need to be a difficult struggle - it can be easy."



An Introduction to Gluten:

What foods contain gluten, how gluten can effect you. We explore symptoms, treatment and dietary options; 'not-wanting-to-make-a-fuss' feelings that can hold us back from taking this condition seriously. A chance to meet others, share your experiences.

Leapfrog

Certified **LIFE COACHING** Professional
www.leapfrogcoaching.com

"It is great to share and realise that we are not alone! Go see, get educated, there is help." • Marie Srdic

Refresh Organic Bistro

10151 82 Avenue, Edmonton, www.refreshorganic.com

2 OPPORTUNITIES TO ATTEND *(same presentation)*

Evening • 6pm-7:30pm • Wednesday 20th October

Morning • 9:30am-11am • Thursday 21st October

Cost \$20 • Deposit \$5 • 20 people maximum

CONTACT To Book

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