

Upgrade Your Food, Upgrade Your Life



With Nicole White, Certified Holistic Life Coach and author of *Upgradeology – Upgrade Your Food, Upgrade Your Life*

Is one of six breakout sessions offered at the *Cancer Support Now Fifth Annual Living With & Beyond Cancer Conference* March 5, 2016

8:30am to 4:30pm

Central United Methodist Church in Albuquerque.

The art of Upgrading your food!

Inspiring you to eat what you love while choosing nourishing ingredients

Nutritious Snack Samples Provided

Book & Health Kits

Available for Purchase



Look for announcements of other breakout sessions, keynote speakers, and information on a cancer resource panel. For additional information call 505 307-3414 or email ptorn@comcast.net .