

**JOIN THE AFRICAN HOLISTIC HEALTH CHAPTER OF NY
AT THE GREAT AMERICAN MEATOUT**



**Chapter's Annual MeatOut
March 18-19, 2017 – 12p to 7p**



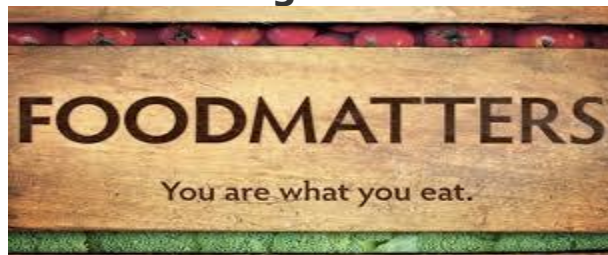
**Learn about the Chapter, Membership & Our Wellness
Centers & Services, Receive Calendar of Events & Receive
Goodie Bag, Eat Vegan with us for the Weekend !!**

Acknowledge our Sponsors:

**Vegetarian Times, SunFlower Butter, GoMaxGo, Wholesome
Sweeteners & Primal Spirit Foods**

Day One: March 18, 2017

Film Screening: "Food Matters"



Q&A

**"Vegan Food Preparation Class" - Baaba Pa-Ur Se Ptah
Menu: Carrot Salmon, Nut Loaf,
Bulgar Wheat, Khamitic Cookup
& Kale Salad Casserole**

“Benefits of Sacred Rock Tours” – Dr. Ramin Heru
“Benefits of Yoni Steaming 4 Women” – Deborah Sekmet
“Benefits of Lingham Steam for Men – Dottie McLean
MEET, GREET & EAT BREAK TIME TO MIX & MINGLE

Day Two: March 19, 2017

“The Thyroid Secret” – Film Screening



“Alkaline Water Presentation” - Sista Patricia Adams

Guest Speaker: Patrica Selassie, ND & Dr. Millie



**“ABCs of Vitamin Supplementation”
Q&A**

Sista Het Heru AnkhBaRa

Speaking on:

“Quantum Body Examiner Machine: Based on Quantum Science”

Vegan Food available

**Alkaline Water Samples, Wellness Snacks & Goodie Bags
Wellness Products will be available for sale !!!**

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THE AFRICAN HOLISTIC HEALTH & WELLNESS CENTER

132-20 116TH AVENUE

SOUTH OZONE PARK, NY 11420

DIRECTIONS BY MASS TRANSIT: WWW.HOPSTOP.COM

DIRECTIONS BY CAR: WWW.MAPQUEST.COM

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Seating is limited: To Register, visit: <http://africanholistic.weebly.com/meatout-2017.html>