

JOIN US IN LEARNING ABOUT: KETO DIET LIFESTYLE
FRIDAY, JUNE 14, 2019 | 3-9PM

she shed . meeting room™
chatter that matters™



THE KITCHEN
AT MIDDLEGROUND FARMS

Bringing you the ULTIMATE SPEAKER SERIES

Highlighting Health, Wellness and Anti-aging;
providing an easy, entertaining way to learn while enjoying like-minded friendships.
Balance the most current, accurate, and effective ways to feel and look your very best!

SPONSORED BY WUTZNXT INC.

She Shed Meeting Room is a place for like-minded women to meet and chat; to learn, explore, and grow with knowledge provided by the most talented sources. The Kitchen at Middleground Farms provides on-farm cooking classes, private dinners, and team building events, celebrating the connection between food, table, and community.

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Liliana Partida

SPECIAL GUEST SPEAKER



Holistic Health Coach

Center of New Medicine,
Dr. Leigh Erin Connealy

I have worked at the Center for New medicine in Irvine, California as the Staff Nutritionist for over a decade. My role at the Center is to present

ongoing educational programs

addressing nutrition, anti-aging, metabolic syndrome, weight loss, diabetes, and cancer prevention, while focusing on customized lifestyle programs. I have furthered my nutritional knowledge by pursuing and achieving several certifications that support my well-rounded approach with my clients.

Agenda

3 - 5 P M

Meet you at the She Shed Meeting Room

Liliana's introduction to the **WHY** Keto Diet.

Treats (Keto Friendly), Teas, Coffees and more.

5 - 6 P M

Break to Mingle and Enjoy Appetizers and Mocktails
(Keto Friendly)

6 - 9 P M

Then, a quick (5 minute drive!) to our neighbors,
The Kitchen at Middleground Farms

Liliana teaches us the **HOW** to cook Keto.

We'll be indulging in all the classic favorites – cocktail, salad, pizza and an array of desserts, including ice cream (Keto Friendly)!

A Keto Adaptive Diet (“KAD”) is a lifestyle that is obtainable and sustainable, allowing those to still enjoy wonderful flavors with life changing results. It's a low-carb diet that results in using fat for fuel by eating a moderate amount of protein, very low carbs, and higher fats. The KAD focuses on balancing blood sugar, weight loss, and inflammation reduction; a key component of disease.

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The Details

PRICING

only
\$50.00
PER PERSON

Thanks to our generous sponsor
WUTZNXT INC
for subsidizing the cost (regular price \$200.00).

Where

She Shed Meeting Room
22275 SW Bar None Rd
Tualatin, OR 97062

Middleground Farms
4651 SW Homesteader Rd
Wilsonville, OR 97070
middlegroundfarms.com

RSVP TODAY

Limited Seating – **Only 25 available**

Please pay via paypal to Wutznext as your RSVP confirmation
paypal: jeff.yapp@wutznext.com



Questions?

Contact Tamara Yapp
516-724-3860
Tamara.yapp@wutznext.com



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About Your Health Coach

Liliana's mission in life is to inspire, educate and motivate people to realize their health and fitness goals through simple and easy lifestyle modifications. She supports holistic change, so people can take charge of their lives, health, and their happiness without the use of drugs or other unnatural means. Liliana enables her clients to increase the quality and longevity of their lives by providing a safe arena for growth and change using the most current cutting-edge programs and treatments.

Liliana Partida is Staff Nutritionist at the Center for New Medicine in Irvine, California. In her role at the Center for New Medicine, she presents ongoing educational programs addressing nutrition, anti-aging, metabolic syndrome, weight loss, diabetes, and cancer prevention while focusing on customized lifestyle programs. Liliana holds numerous certifications that support her well-rounded approach with her clients.

Liliana Partida, CN

"I walk my talk and am a testament to the power of self-determination and life enrichment through the use of sound principles for diet, exercise, detoxification, and personal motivation to make significant changes that last"

Learn more at
WWW.LILIANAPARTIDA.COM