



Please join **Dr. Christina Christoforou**  
at  
**Goodness Me! Natural Food Market**  
for  
***Food Sensitivities & Allergies:  
How They Affect your Health***

**Saturday September 20<sup>th</sup>, 2014**  
from  
**1:00 pm - 2:30 pm**

Topics discussed include:  
What are some signs of Food Allergies and Food Sensitivities?  
What are the most common food triggers?  
What do I do if I have a Food Allergy or Food Sensitivity?  
Can I ever eat those foods again?

This is a **FREE** seminar!

**Register online** at:

<http://www.goodnessme.ca/calendar/food-sensitivites-allergies-how-they-affect-your-health-4095>

We'll see you there!

