



## Natural Beauty Workshops

Beauty begins from within... enjoy this unique hands-on experience of getting the latest information about naturally eating your way to glowing skin, silky hair and a positive attitude. Discover new and creative ways to look and feel beautiful from the inside out!

The workshops are conducted by Stacey Antine, MS, RD who has over 15 years experience working in the area of nutrition and health. She was the national spokesperson for the California Tree Fruit Agreement's "Eat Your Way to Beauty" satellite media tour. Stacey appeared on 16 television and 19 radio interviews in top markets including NBC-TV, San Diego, Atlanta, and Denver, ABC-TV, Ohio and FOX, Maryland.

**WHAT:** The workshops include:

- ✓ Latest information about the hidden secrets of natural food for beauty.
- ✓ Recipe demonstrations and tasting featuring fresh, seasonal produce rich in vitamins and minerals.
- ✓ Simple tips to look good and energize each day!
- ✓ Healthy-lifestyle take-home bag.

**WHO:** Women, pre-teens and teens! Space is limited inquire today!

**WHEN:** Upon request by groups (minimum 4 per workshop)  
1.5 hour workshop, fee: \$25.00 per person

**WHERE?** ABMA's Farm located at 700 Lawlins Road in Wyckoff, NJ. The Farm is minutes from the junction of routes 287 and 208, from the Wyckoff business district, and is just 30 miles from New York City.

### **CONTACT INFORMATION:**

Please contact Stacey Antine, MS, RD at 201-891-2066. Check out [www.healthbarnusa.com](http://www.healthbarnusa.com) for more information about our other programs.