

HEALTH HAVEN IN THE HILLS

Reservations:

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www.foodsenseatoz.com



Welcome My Friends

*"Come spend a weekend with me in Fountain Hills, AZ at **HEALTH HAVEN**, a weekend get-out-of-town Discovery Series for Women who don't mind ditching their heels and taking deep breaths in the great outdoors." Your host: Sharon Madsen*

Your Transformational Weekend

With a background as a Nutritional Consultant, Author, Speaker and personal Coach, Sharon's focus will feature a hands-on, interpersonal journey into the world of nutrition and wellness. Topics will include:

- How the body uses food
- How Nutrition affects your Emotions
- Relaxation and Exercise
- Preparing healthy meals your family will love
- Hands-on cooking with tips and tools you may have never used before
- Experience the joy in making new like-minded friends, discovering all the things you have in common, learning together, exercising together, laughing together, preparing meals together and experiencing empowerment together.
- If this weekend sounds like you, it **CAN** be you.
- Space is limited so reserve your spot today.
- **SHARON MADSEN** - Foodsense AtoZ
- (602) 684-1475, sharon@foodsenseatoz.com
- **www.foodsenseatoz.com**



SEASONING TECHNIQUES YOU CAN USE... AT HOME



Your Food Choices

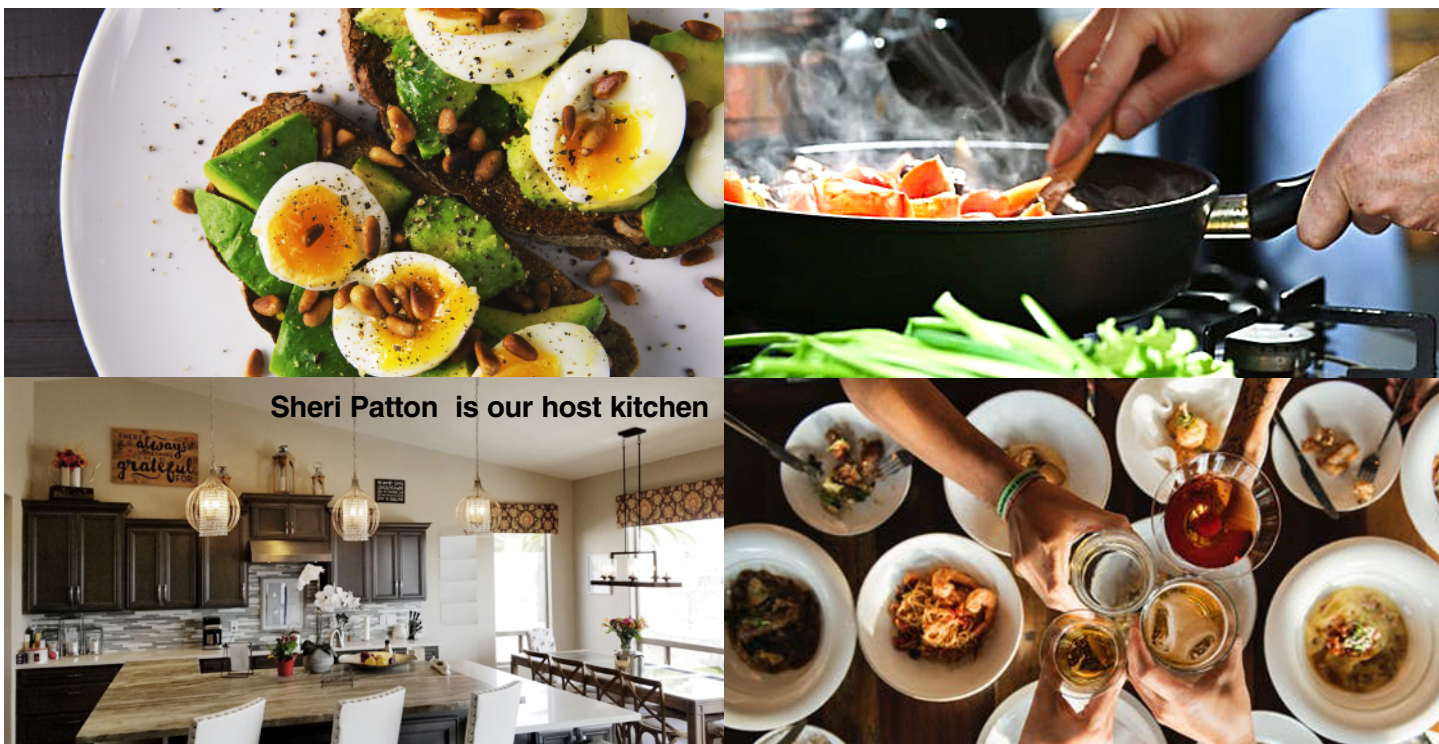
"The focus of this Health Haven is all about food empowerment. How to select the best ingredients, how to prepare and blend them together. How each dish or snack will promote better physical health, mental health and emotional well being."

Hands-on in the Kitchen

- Interactive Food Preparation, redefined...
- Everyone in the kitchen for 'Team Cooking'
- 'Penzey's Spice Lesson 101'
- Jaw-dropping spices that will invigorate your taste buds
- Up close and personal with tools and techniques
- Spiralizing produce
- Say goodbye kitchen knives with the mandolin slicer
- Learn about amazing flavor explosions with essential oils
- How to order at a restaurant
- 2 Special guest speakers
- and more...

Personalized for You

- Signed copy of my new book: Helping You Make Sense of Food \$20 value
- Swag Bag \$35 value
Nutritional supplement samples, essential oil samples, hand sanitizer, making your own sugar scrub for the shower and recipes from the delicious dishes we will all cook together... uber swag bag.



Sheri Patton is our host kitchen

“Layers, julienne, steaming, dicing, and toasting.”

1: Event Registration

- Cost for the full weekend of Health Haven activities and workshops is **\$225**. (Hotel not included if chosen)

Online Registration

- Go to my website at www.foodsenseatoz.com and click the PayPal link. From there you can select one of the two following payment options:

Option A: One time payment of \$225.

- Attendees that complete payment by April 1, 2019 receive a **FREE** 30 minute phone consultation with Sharon. [PayPal A](#)

Option B: Two payments of \$125 each.

- The first payment of \$125 is due when you register for the weekend. The remaining payment of \$100 is due by April 8, 2019. [PayPal B](#) There are no refunds.

3: Weekend Schedule

- SATURDAY APRIL 27 - 8AM

- Meet at Fountain Hills Park by the kid's splash pad.
- Morning walk/meditation.
- Interactive Workshop activities.
- Amazing Saturday lunch, prepared by attendees.
- Interactive Workshop activities.
- Saturday dinner at 'Sofrita' (tapas style).
- S'mores and hot chocolate by the fire pit.

2: Booking Your Hotel Room at the Lakeshore Hotel & Suites

This **HEALTH HAVEN IN THE HILLS** weekend has been capped at 15 attendees.

For those looking to spend Saturday night in Fountain Hills, rooms at the Lakeshore Hotel and Suites have been reserved, so make sure you hold your spot and register today... this event will fill quickly.

LAKESHORE HOTEL & SUITES

- 12800 N. Saguaro Blvd, Fountain Hills, AZ 85268
- (480) 887 6565 - www.lakeshorehotel.net
- Room rate is approximately \$70-85 per night. (dbl)
- Reserve your own room by April 1, 2019.
- Call the hotel and mention 'Sharon Madsen' to receive the Health Haven discount.

- SUNDAY APRIL 28 - 8AM

- Meet at Fountain Hills Park by the kid's splash pad.
- Morning walk/meditation.
- Interactive Workshop activities.
- Breakfast brunch-style, prepared by attendees.
- Interactive Workshop activities.
- Event conclusion Sunday at 2:00pm.