

# Vibrant Health Can Be Yours!

*Learn how to feel better  
than you ever thought possible*



DON BENNETT, DAS

You are invited to an inspiring multi-day retreat where you'll discover how to create vibrant health and how to have the BEST odds of avoiding serious illness. This enlightening and empowering event will be an experience you will value for your entire life.



ELLEN LIVINGSTON, HCS

**September 18, 19 & 20 near Ann Arbor, Michigan**

- **Discover how people become ill, so you won't**
- **Learn what doctors and health experts don't know**
- **Understand why dieting doesn't work and is unhealthy**
- **Learn to make food that is both nutritious AND delicious**
- **See why physical health affects emotional well-being**
- **Find out how to thrive, and not merely survive**

There are many illnesses today that are thought of as simply the natural consequence of aging, but nothing can be further from the truth. During this weekend you will discover how to allow your body to heal that which ails you, and how to keep yourself truly healthy throughout your life. We say *truly* healthy to distinguish it from health care that utilizes drugs, therapies, surgeries, and treatments – which is more appropriately referred to as an ill-health care system. While this “management” approach certainly has its place in emergency medicine, it is not necessarily the best way to deal with or prevent chronic, degenerative diseases like heart disease, diabetes, arthritis, cancer, osteoporosis, stroke, Alzheimer’s, irritable bowel syndrome, chronic fatigue syndrome, fibromyalgia, attention deficit hyperactive disorder, restless leg syndrome, depression, and many of the yet to be named conditions that are supposedly best dealt with by taking medication. This course will show you how to create real, vibrant health.

Visit [Health101.org/VibrantLivingWeekend](http://Health101.org/VibrantLivingWeekend) for course overview, testimonials, and for tuition, registration, and contact information, or call (734) 995-0875