



The Earth-Centered
Dietitian

WORKSHOPS OFFERINGS FALL/WINTER 2024

NUTRITION WORKSHOP* **\$500**

This service is a 60- minute nutrition workshop, conducted with registered dietitian, Stacey Woodson. Also, includes supplies and a question & answer session following the workshop. Topics include:

- Immune Boosting Foods for Cold & Flu Season
- Seasonal Sensations: Squash, Cranberries & More
- Warming Winter Soup
- Custom Workshop

MEDICINE WORKSHOP* **\$550**

This service includes a 60-minute hands on workshop for up to 12 students and materials. More students are welcome for an additional fee. Topics include:

- DIY Fire Cider
- DIY Elderberry Syrup
- Teas and Tonic for Winter Wellness

AUTHOR VISIT* **\$425**

Let Stacey bring her book to life at your school or library! Each 60 minute presentation includes an captivating and energetic book reading, 'inside the book with the author' session, an autographed copy of the book and Q & A.

**(PRE-K ONLY,
30 MIN: \$275)**

**Discount of 10% is available when 3 or more services are purchased.*

Staceywoodson.com