

Open House

1149 N. 3rd Street

Saturday, March 5th

3pm-5pm

The Strengthening Health Institute

is a non-profit macrobiotic educational center that empowers individuals to make their own wise choices for life and health. Macrobiotics is an orderly approach to diet and lifestyle emphasizing organic grain and vegetable based meals and seasonal eating.



- **Free** light macrobiotic refreshments and tea served
- Brief introduction to macrobiotics at 4pm by internationally recognized macrobiotic counselor Denny Waxman
- See our classroom and kitchen
- Speak to our Alumni, Faculty and Staff
- Learn about our educational programs and other events
- Your invited to stay afterwards and join in our **free** monthly potluck at 5:30 PM



Promoting Health and Well Being Through Macrobiotics

1149 N. 3rd Street, 1st Floor, Philadelphia, PA 19123 www.strengthenhealth.org 215.238.9212