

The
SCIENCE
of living fully



AN INSPIRING EVENING WITH TWO INTERNATIONALLY RESPECTED HEALTH EDUCATORS

Discover how whole-food nutrition, functional medicine and cellular health can help you live with greater energy, resilience and vitality – at every age.

Together, they will explore

- 1 Whole-food nutrition**
The science behind a plant-based approach
- 2 The gut-brain-immune connection**
How these systems shape lifelong health
- 3 Healthy aging and longevity**
Nutrition for energy, vitality and resilience
- 4 Practical, evidence-based strategies**
Support your body's ability to adapt and thrive

Friday, October 2, 2026

DOORS 6:30 PM | PRESENTATION 7:00 PM

BAYSIDE OCEANFRONT RESORT – TIDAL ROOM

Parksville, British Columbia

SCAN TO REGISTER



Discover the science. Be inspired. Live fully.

Whole-food nutrition | Functional medicine | Cellular health | Healthy longevity

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