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Mind and Body Health

Monthly Newsletter - UPDATE

Mid-June 2009

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Twin Cities Live



Hello Everyone

I just wanted to let everyone know that I will be on TCL Monday.

Thanks for your support!

Take Care,
Maria

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Maria on Twin

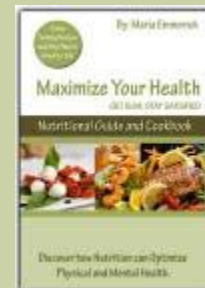
Cities Live!

Maria will be on Twin Cities Live Monday (June 22nd at 3pm)! She will be talking about healthy ways to make your own sauces (Ketchup, BBQ, etc) as well as good store alternatives! It is on Channel 5 (Minneapolis) at 3pm and Channel 45 at 8pm. It will also be available to view on the website. **If you know anyone that is interested in working with a nutritionist, please pass this email on to them.** I appreciate the word of mouth.

[Click here to go to the Twin Cities Live Website!](#)

Cookbook:

The recipes she makes are in her cookbook along with many more. You can still pick up a copy of the Nutritional Guide and Cookbook if you haven't gotten yours yet. We have put a lot of work into this book to make sure that the more than 110 recipes are healthy and taste great. There are over 35 pages of nutritional information to help you understand the science behind healthy living. So contact us today to get your copy. All proceeds go toward our Ethiopian Adoption!



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