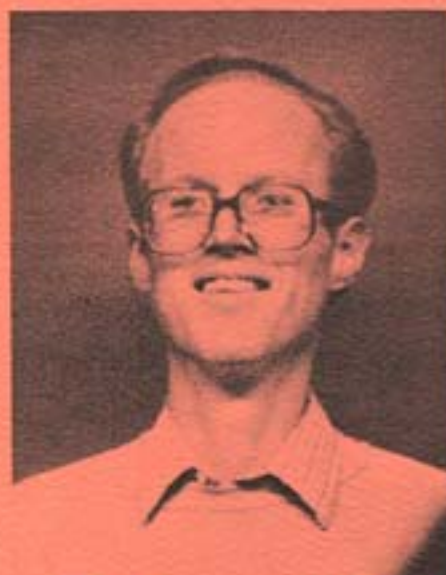


THE EAST WEST FOUNDATION PRESENTS

MACROBIOTICS

*An Introductory Seminar on Diet, Health
and Natural Living*

with Edward
Esko and
Anne-Marie
Wiboltt



World Renowned Macrobiotic Teachers

Lectures:

Thursday, April 25, 7:30-9:30 p.m.
"Principles and practice of
Macrobiotics"

Friday, April 26, 7:30-9:30 p.m.
"How to 'see' your health." Facial
diagnosis and health assessments.

Saturday, April 27, 3:00-5:00 p.m.
"Preventative Eating. Utilizing
Macrobiotics in the healing process,
treating chronic or degenerative
diseases."

Cooking Classes:

Saturday, April 27, 9:30 a.m.-1:30 p.m.
"Cooking for health and recovery."

Sunday, April 28, 2:30-5:30 p.m.
"Gourmet Microbiotics."

NOTE: Space is limited in Cooking Classes; please make your reservations early.

FEES: \$10.00 per individual lecture. Each cooking class is \$25.00 per person or \$35.00 per couple. All the lectures and cooking classes may be attended for \$70.00 per individual or \$110.00 per couple.

Private Dietary Counseling

Available by appointment.

Registration and Information