



**Healthy views:  
NATURAL HEALING  
APPROACHES FOR  
mental health**

**we are natural beings  
& we can heal!**

**A nutritional tale/ good Vitamin news &  
Youth sharE on natural healing means**

**Nov. 20 (Wed.) 6-7:40pm free  
ronnenkamp hall**

**grace Lutheran church (n. side)  
435 Nw 21<sup>st</sup>, Corvallis**

**Food & Nutritional Solutions!**

← Activity / Walking / Sports →

\*--Creative / Art / Poetry--\*

Care / Nurturing / Skill Building

[Have Animals / Will Plant]

**Build Community!**

**SPEAKERS:**

- **Chris Foulke** (Nutritional Therapist, Tale: Vit. C & Schizophrenia; B-6, D-3)
- **Emily Wittkop** (Youth, Herbs for Anxiety, 1<sup>st</sup> Alt. Coop Cust. Service)
- **Alieta Herrera-Train** (Youth, Nutrition & Lifestyle vs. Depression, Coop Market. Asst.)

Event in 'Nutrition for Better Body & Brain Series' held  
under ABHA Grant for Peer-Run Education & Recovery Events  
For Info: Chris Foulke, NTP / 541-908-6907 / understand@peak.org