



# Do It Better!

**Eat Better, Feel Better, Look Better, Live Better**

## A Practical Guide To Paleo

September 29, 2012

9:30am-5:00pm

YMCA of the Rockies, Estes Park, Colorado

\$50 per ticket, \$80 for two tickets

Get up close and personal with three superheroes of the online Paleo community in beautiful Estes Park, Colorado.

- Discover how and why the principles of the Paleo lifestyle can benefit anyone.
- Learn how to make healthy food choices and cook delicious meals.
- Get tips and practical advice on how to make a Paleo lifestyle work for you and your family.

These three women will inspire and motivate you with their real-life experiences. They will share techniques and expertise that have helped thousands of people eat better, feel better and live better.



Michelle Tam  
nomnompaleo.com



Melissa Joulwan  
Theclothesmakethegirl.com  
Author, *Well Fed*



Holly Woodcock  
hollywouldifshecould.net



[ymcarockies.org/paleo.htm](http://ymcarockies.org/paleo.htm)

**Register** by phone; call Cami at 888-691-9622

Email: [paleoevents@ymcarockies.org](mailto:paleoevents@ymcarockies.org)

Please register early, as space is limited!