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For Immediate Release

Aches, Pains, Comfort Foods, Raw Foods Cambridge Farmers' Market Offers Wellness Workshops

Cambridge, Ontario. November 1, 2011... Whether you are a parent looking to inject a little healthier approach to meal preparation or someone who wants to look for ways to mitigate body pain, the Cambridge Farmers' Market has what you need.

Naturopathic Physician Susan Fisher will be sharing her expert tips and advice for aiding wellness in a special series throughout the month of November.

"No longer are people just addressing illness when it strikes," says Fisher, BSC, MSc, ND. "Preventative approaches are top of mind today for many people. More than ever, I am being asked about ways to avert disease and illness, and build a wellness plan that has lasting effects."

That's why she's teamed up with Alix Aitken, Cambridge Farmers' Market Manager and the local market vendors to offer a special series on Health and Wellness for the month of November. The seminars include the following:

Saturday November 5th at 10:30 - 11:15am

Aches and Pains: You don't have to put up with it.

Learn how to address pain, its likely causes and how natural remedies can help.

Saturday November 12th at 10:30 - 11:00am

Comfort Foods: How to still enjoy them and be healthy.

Make your favourite treats healthier for long-term impact.

Saturday November 19th at 10:30 - 11:15am

Raw Food Diets: What are they and is it right for you?

Here's a little known fact about the world's most popular herb - tea. We have all heard the chatter about the value of antioxidants in combating free radicals, those pesky molecules that can have a destructive impact on your body's systems. According to Bryce Wylde, Homeopathic Doctor and Nutritionist, and author of the 'Antioxidant Prescription' black tea is just as healthy as green tea. "It was originally thought that green tea had more antioxidants than black tea, but recent studies suggest that they're equally beneficial."

While the seminars are free of charge, please sign up at mahayacambridge.com or call (519) 267-4885.

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The City of Cambridge is one of the fastest growing areas in the country. It is strategically located astride highway 401 in southwestern Ontario, part of Canada's Technology Triangle. In 2010, the population reached over 130,000 people. With a multicultural mix and a strong foundation of support services, Cambridge has a diverse economic base with leading industries in advanced manufacturing, automotive, high technology, pharmaceutical, business and financial services and hospitality/retail. The Corporation of the City of Cambridge is an employer with a progressive work environment that offers the opportunity to provide service to the community through creativity and innovation, and with opportunities for career growth and advancement.

You meet the nicest people in Cambridge. It's a place that understands all about coming together. There is so much more to Cambridge than the beautiful lands created at the convergence of two rivers or its logistically perfect location in the heart of Ontario's economic corridor. Cambridge is the coming together of people from diverse, close-knit and proud communities. The people of Cambridge 'do the right thing' by respecting history, family values, a sound work ethic, the arts, environment and advancement. A young city, Cambridge is a master of balancing the excitement and promise of the new with the historical significance and stability of the old. A place where coming together is just the start. Uniting together is what sets Cambridge apart. Undiscovered-Cambridge families and entrepreneurs get more for less, and sacrifice nothing.

The Corporation of the City of Cambridge is an employer with a work environment that offers the opportunity to provide service to the community through creativity and innovation, and with potential for career growth and advancement. For more information on the area or the corporation visit www.cambridge.ca. The City of Cambridge press room is located at <http://www.cambridge.ca/pressroom>. To opt out of the news release distribution, please send an email to Linda Fegan feganl@cambridge.ca.