

TIMETABLE

Registration: 9:00am – 9:45am

Talk 1 (Part 1): 9:45am – 11:45am

Toilet Break: 11:45am – 12:00pm

Talk 1 (Part 2): 12:00pm – 13:15pm

Lunch: 1:15pm – 2:15pm

Talk 2 (Part 1): 2:15pm – 3:30pm

Tea & Coffee Break: 3:30pm – 4:00pm

Talk 2 (Part 2): 4:00pm – 5:45pm

Questions & Selfies: 5:45pm – 6:30pm

After-party: 9:30pm – Late/Early!

TORONTO | 01.08.20

WHAT IS THE TOUR?

I want to pass on the **most important things** I have learned that I now know can **change peoples' lives** for the better. My Tour is the summation of over a decade of **knowledge and experience** working with clients from an array of backgrounds, with a wide range of goals. I have done my very best to condense as much as possible into this single day of learning, for an **extremely low cost**.

WHO IS THE TOUR FOR?

My Tour is designed to take someone from **Zero to Empowered**.

There are literally **no requirements** to attend my Tour, only an inquisitive mind & an interest in nutrition. Many people come on their **own** to my talks, its a **fantastic opportunity** to meet like-minded people & have many **great discussions**.