

Healthy Hotel Room Cooking

1 Hour Mini-Seminar

For business travelers and vacationers,
any kind of trip or travel

*Maintain a wellness lifestyle
even while traveling*

Tired of eating restaurant food while traveling? It's easy and economical to create delicious, healthy home-cooked meals safely in a hotel room, even for a business traveler with only carry-on luggage.

Maintain your healthy lifestyle during a business trip or vacation. In this informative and engaging mini-seminar, Jan DeCourtney teaches how to prepare and cook tasty, easy meals in the comfort and privacy of your hotel room. She gives tips on logistics and equipment, including what to bring, how to store perishable foods without refrigeration, where to shop for healthy food, packing your lunches while on the road, and more!

- ❖ **Save money**
- ❖ **Follow your own healthy diet**
- ❖ **Control what goes in your body**
- ❖ **Enjoy the tastes of home cooking**
- ❖ **Rest or work in your hotel room**

Take some of the wear and tear out of travel. Bon appetit!

Book Jan to speak to your group TODAY!

Jan DeCourtney, CMT

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Jan DeCourtney

... is a holistic Certified Massage Therapist and co-author with Walt Stoll, MD of the multiple award-winning book *Recapture Your Health: A Step-by-Step Program to Reverse Chronic Symptoms and Create Lasting Wellness*.

After suffering from a debilitating undiagnosable chronic illness for over 20 years, Jan finally found her path to health in the 3LS Wellness Program now detailed in her book. Her symptoms melted away. Eating a whole foods diet and avoiding food allergens were a large part of her recovery. She learned to prepare and easily carry delicious home-cooked food. Since then Jan is dedicated to helping others find easy, practical ways to regain and maintain health.

Jan has a busy holistic practice in Boulder, Colorado, and is currently at work on several new health books, including *Healthy Hotel Room Cooking*.