

# WALK ON THE BEACH

NOVEMBER 2-4  
**2018**  
SOUTH HAVEN, MI

## Your Hostess & Speaker



**JILL  
KEB**

Certified Food Educator and Culinary Instructor, Keb teaches the healing and restorative powers of whole plant foods. She is the author and producer of the 80 minute DVD: "Change Your Food, Change Your Life"

Previously covering topics on: Saving \$\$ at the Grocery Store; Saving Time in the Kitchen; Meal Planning; Immune Boosting Meals and Snacks. She is the main chef & event organizer for the retreat.



**J. MORRIS  
HICKS**

A former career business executive and senior vice president with Ralph Lauren in New York, J. Morris Hicks holds a BS in Industrial Engineering from Auburn University and an MBA from the University of Hawaii, a degree he earned while serving as an officer in the U.S. Coast Guard in Honolulu. In 2009, he earned a Certificate in Plant-Based Nutrition from eCornell and the T. Colin Campbell Center for Nutrition Studies, where he has served on the board of directors since 2012.

hpmh.com -- archby4leaf.com -- 4leafprogram.com

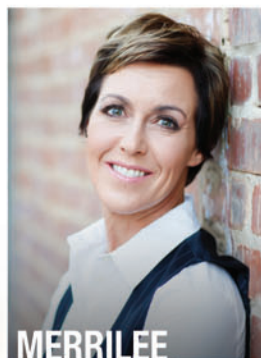


**PAUL  
KENNAMER, JR.**

Paul is the co-producer/director of "Eating You Alive" and CEO of Garden Fresh Media. Paul embarked on the Whole Food/Plant Based (WFPB) journey in February, 2014, after being introduced to the lifestyle approach by Dr. Michael Hollic and the documentary, "Forks over Knives". Concerned about his weight and health, (given his family health history), he committed to the WFPB program. Six weeks later and 45lbs lighter, with increased energy and no more joint pain, Paul's focus now is to encourage others in their decision to begin their own journey.

Prior to producing his first feature length documentary, Paul was president of his own audio/video production company, Smallbox Entertainment Group. He oversaw production on hundreds of video projects with a client list that included The Coca-Cola Company, HBO, Chrysler, Good Morning America, The Disney Channel and Space Camp.

Before launching his own company, Paul served as director / technical director for numerous live, multi-camera broadcast programs for Fox Sports and Sports South.



**MERRILEE  
JACOBS**

Merrilee is co-producer of the documentary, "Eating You Alive". She is also very involved in distribution, marketing, advertising, publicity and social media. Additionally, she is COO and head of business development for Garden Fresh Media where she and her partner, Paul Kenamer, are developing several lifestyle-related film, television and online projects.

While raising two children, she made the life-altering decision to transition to a Whole Food/Plant-based lifestyle in 2014. Her two herniated discs ceased to cause her pain and now with her boundless energy, her goal is to help others learn about WFPB eating and develop a sustainable healthy lifestyle.

Before producing "Eating You Alive", Merrilee was in business management and healthcare. She was the administrator of a multi-million dollar healthcare facility where she oversaw accounting, finance, human resources, marketing, public relations, communications and business development.

## FROM PREVIOUS RETREATS



**DR. KERRIE  
SAUNDERS**

Dr. Saunders is an internationally known presenter and author of the first successful application & oral defense for the American Medical Association on the use of Bioelectrical Impedance Analysis in medical settings. She is a featured expert in the movie "Eating You Alive", co-author of the "Guidelines for a Standard of Care for Preventive and Integrated Medicine", contributing author for the blockbuster book, "RETHINK FOOD." Her own book, "The Vegan Diet as Chronic Disease Prevention" is a publishers bestseller, now in its 3rd printing.



**EVELYN  
KISSINGER**

Evelyn Kissinger, MS, RD, is a lifestyle consultant, registered dietitian, international speaker, author and teacher. She specializes in creating and conducting wellness programs for corporations, groups and individuals. Evelyn has co-authored three books. She has also authored the book "Change Your Body One Bite at a Time", a shopping video: "Easy Healthy Shopping" and a 2-hour cooking DVD: "Easy Healthy Cooking".

**MOORE THEATRES**

**FM** | **THE FACTS  
MEDIA**

**planet  
PROTEIN, INC.**

**Country Life  
Natural Foods**

**GoRaw**

**Bob's  
Red Mill**  
It's Your Good Health!  
OLD FASHIONED  
WHOLE GRAIN

**UNREAL**

**vegan gal.com**

**SPICEjungle**

**Healthy Facts**  
your guide to a healthy tomorrow

**EATING  
YOU  
ALIVE**



# Your "Walk on the Beach" Retreat weekend cost includes:

- 6 delicious, healthy meals
- Cooking demonstrations
- Hands-on cooking opportunities
- Recipes
- Tastings
- Guided meditation
- Stretch and strength classes
- Excellent, educational, inspirational presentations from professional, talented, world-class guest speakers and/or chefs
- Reflection, recharging and YOU time



**All Inclusive 2 night accommodations, 6 delicious meals, cooking demonstrations, world class speakers, educational materials, and more! Program begins Friday Nov. 2 6:00pm ends Sunday Nov. 4 1:00pm**

- \_\_\_ \$495 Per Person/single occupancy - includes a room with a shared bath
- \_\_\_ \$595 For Room with a private bath
- \_\_\_ \$425 Per Person for bunk bed - shared bath
- \_\_\_ \$350 For Double occupancy 2nd person in room plus a special gift for bringing a friend

## OPTIONAL ADD-ONS:

- \_\_\_ \$80 Full-body 60-minute massage
- \_\_\_ \$40 30-minute massage
- \_\_\_ \$60 LuAnn Bermeo's Amazing Meals I & II cookbook set (sworn by dozens of past retreat attendees to be a "life saver")!
- \_\_\_ \$10 to see the film 'Eating You Alive' at the Michigan Theater
- \_\_\_ \$100 Private 45-minute consultation with Evelyn Kissinger, R.D.

**LIMITED SPACE AVAILABLE. Call Jill to reserve your spot with a \$100 credit card deposit - 269-906-2226 or send a check to: The Facts Media • 542 Busse Hwy. • Park Ridge, IL 60068**

Name \_\_\_\_\_

Name of Roommate/Spouse (if applicable) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home# \_\_\_\_\_ Cell# \_\_\_\_\_

E-Mail \_\_\_\_\_

2nd E-Mail \_\_\_\_\_

Dietary issues/special needs or allergies \_\_\_\_\_

**Deposit required. Space is limited! Balance due upon arrival.**

Check or cash preferred. Visa, MC, accepted and your card will be charged by The Facts Media Office - 800-345-4324

Card# \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. Date \_\_\_\_\_ 3-Digit Code \_\_\_\_\_ or call me to run through at 269-906-2226.

\*directions and what to bring list will be sent or e-mailed to you about 2 weeks prior to the weekend.

Deposits are fully refundable by Sept. 30th. No refunds will be given after Sept. 30th.

Will call to verify once deposit is received. \*\*\*program subject to changes.

**RELEASE** - I forever release and discharge Jill Keb and Vegan-Gal.com, The Facts Media, the teachers, employees and anyone involved with the retreat weekend from any liability resulting from my participation in the program. I understand that there is a \$100 withdrawal fee and that no refunds will be given after September 30th.

Signature x \_\_\_\_\_

## FOR OFFICE USE ONLY:

date deposit recieved: \_\_\_\_\_ method of payment: \_\_\_\_\_ amount of deposit: \_\_\_\_\_ cld into MF: \_\_\_\_\_ applied: \_\_\_\_\_  
 Balance Due: \_\_\_\_\_ date rec'd: \_\_\_\_\_ method of payment: \_\_\_\_\_ cld into MF: \_\_\_\_\_ Applied: \_\_\_\_\_  
 Notes: \_\_\_\_\_ Room assignment \_\_\_\_\_