



SANKOFA'S NATURAL HEALTH C.A.R.E.

*EMPOWER
YOUR COMMUNITY TO TAKE
CHARGE OF THEIR HEALTH
WITH EFFECTIVE & SIMPLE
TOOLS AND STRATEGIES*

CONTACT US TO LEARN HOW
YOUR ORGANIZATION CAN
HOST ONE OF SANKOFA'S
ENGAGING AND INTERACTIVE
HEALTH EDUCATION PROGRAMS

PROGRAMS ARE PRESENTED BY DR. MICHELLE GAMBLE, DN

Dr Gamble is a Non Medical Doctor of Naturology, She is a healing oriented Educator and Integrative Wellness Specialist with over 25 years of experience. She takes into account the whole person (body, mind, heart and soul), including all aspects of lifestyle. Additionally, she emphasizes the therapeutic relationship and embraces the use of all appropriate healing therapies, both conventional and alternative. Her presentations are engaging and include interactive discussions. Participants will receive practical strategies and simple tools they

SANKOFA HEALING AND ENRICHMENT, INC.

(850) 725-8322

*TO LEARN ABOUT UPCOMING
SCHEDULED EVENTS VISIT:*

WWW.SANKOFAHEALING.COM

LUNCH AND LEARNS(1HR)

**Undressing Stress
Blood Nutrition
Seasonal Cleansing
Heartfully Intelligent Kids**

INTERACTIVE WORKSHOPS (2HRS)

**Women's Hormonal Health
Heal Thyself
The 7 Deadly Bs
Heartfully Intelligent Kids
Undressing Stress**

VIP DAYS/ RETREATS (1-7 DAYS)

**Eat to Live
Heal Thyself
Seasonal Cleanse
Heartsong**

JUMPSTART GROUP PROGRAMS (1-3 MONTHS)

**Heartfully Intelligent Kids
Revitalize You
21 Day Seasonal Cleanse
Heartsong
The 7-Deadly Bs**