

Literary Lunch

Thursday March 2nd at noon



A Dip into the Vast Sea of Ayurveda

Please join **Phyllis Victory** as she shares her meandering search through India and Canada for the secrets hidden deep within Ayurveda.

Come prepared to open your minds, suspend your disbeliefs, and follow her as she races, trips and sometimes falls, on the path.



A true, short story filled with some magic, yogis and many twists and turns.

You don't have to be a member of New Horizons to enjoy a delicious meal and delightful conversation!

\$10 for a soup, sandwich and dessert