

Creating Wellness Presents

EAT WELL:

A Basic Education
in Healthy Eating

6 Bi-Weekly
45 Minute Group Nutrition Classes

Creating Wellness is pleased to present a 45 minute nutrition class taught by Terri Brennan, Holistic Health Coach.

Some of the topics to be discussed:

- Why YOUR diet is so IMPORTANT
- Do you have the SUGAR BLUES?
- How to read those pesky FOOD LABELS
- You have to MOVE IT to LOSE IT
- Smart GROCERY SHOPPING
- It all starts with DIGESTION
- Eating HEALTHY through the HOLIDAYS

When:

Session 1: Tuesday, November 1st 9:15 am
Session 2: Tuesday, November 15th 9:15 am
Session 3: Tuesday, November 29th 9:15 am
Session 4: Tuesday, December 13th 9:15 am
Session 5: Tuesday, December 27th 9:15 am
Session 6: Tuesday, January 10th 9:15 am

Rolling class schedule. Start at any time!

Cost: \$90.00 for 6 weeks class (Second person 50% off!!!)

Where:



Health Link Family Chiropractic:
A Creating Wellness
Center

For more information or to register please call 559-6818