

NEED A LITTLE EXTRA SUPPORT?

Join us for our FREE Weight Loss Support Group!

You don't have to do it alone! Join others who are also committed to weight loss goals!



EVERY MONDAY AT 6:30 PM



April's Cooking Classes

Wednesday, April 15th – 5:30pm - 6:30pm

Spring Delights Cooking Class–

Tossed Salad with Jalapeño Vinaigrette

Spice up your Spring with this savory salad! No more boring salads for you! This tasty salad is packed with veggies, so it's super nutritious, and delicious too!

Wednesday, April 29th – 5:30pm - 6:30pm

Candida Cooking 101 –

Curried Cauliflower Couscous

You've never had cauliflower like this before! This recipe will be an instant favorite! A perfect fit for any of the Candida or Maintenance Programs.

