

# 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.*

