

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



August's Cooking Classes

*Wednesday, August 12th – 5:30pm - 6:30pm
Summer Grilling Cooking Class –
Ginger and Lemongrass Turkey Sliders in Lettuce Cups*
Grilling is a great, healthy way to add variety to your meals! Forget the boring burgers... these flavorful turkey sliders will leave you craving more!!

*Wednesday, August 26th – 5:30pm - 6:30pm
Candida Cooking 101 –
Chicken Fajita Bowl*

Mix it up with a meal that's packed with protein and fresh flavor! A perfect fit for any of the Candida or Maintenance Programs.