

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.

