

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



December's Cooking Classes

*Wednesday, December 10th – 5:30pm - 6:30pm
Healthy Holiday Treats! – Stuffed Maple Baked Pears*

*Looking for a way to make the holiday healthier this year?
This class will teach you how to make a Christmas
dessert that is both healthy and delicious!*



*Wednesday, December 17th – 5:30pm - 6:30pm
Christmas Dinner Made-Easy! –
Rosemary Roasted Turkey*



*This savory turkey dinner is a healthy way to
celebrate the holidays! A perfect fit for any of
the Candida or Maintenance Programs.*