

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

happy
Fourth
of July!

July's Cooking Classes

Wednesday, July 1st – 5:30pm - 6:30pm

4th of July Cooking Class –

Red, White, and Blue Parfait

This creamy fruit parfait will satisfy your sweet tooth and help you keep sugar cravings at bay. Now that berries are in season, there's no better time to try this recipe!

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

Candida Cooking 101 –

Grilled Salmon with Avocado Salsa

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.

