

# 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**



## March's Cooking Classes

*Wednesday, March 18th – 5:30pm - 6:30pm*

*St. Patrick's Day Cooking Class –*

*Guacamole Deviled Eggs*

*It's your lucky day! Get in the St. Patty's Day spirit with these green deviled eggs! Not only are these eggs packed with nutrition, but they're absolutely delicious too!*



*Wednesday, March 25th – 5:30pm - 6:30pm*

*Candida Cooking 101 –*

*Breakfast On the Go*

*In a hurry? Don't skip breakfast! This quick & easy recipe will be an instant favorite! A perfect fit for any of the Candida or Maintenance Programs.*