

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.

