

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

September's Cooking Classes

Wednesday, September 16th – 5:30pm - 6:30pm

Fall Favorites Cooking Class – Chicken Shawarma

Get a taste of the Middle East with this flavorful chicken dish. Tired of boring chicken? Mix it up with this rich, protein-packed meal!

Wednesday, September 30th – 5:30pm - 6:30pm

Candida Cooking 101 – Quinoa-Cilantro Tabbouleh

Have you ever wondered how to cook a tasty quinoa meal? Our chef will teach you how! This dish is a perfect fit for any of the Candida or Maintenance Programs.

