

# 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.*

