

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



December's Cooking Classes

Wednesday, December 10th – 5:30pm - 6:30pm
Healthy Holiday Treats! –
Stuffed Maple Baked Pears

*Looking for a way to make the holiday healthier this year?
This class will teach you how to make a Christmas
dessert that is both healthy and delicious!*



Wednesday, December 17th – 5:30pm - 6:30pm
Christmas Dinner Made-Easy! –
Rosemary Roasted Turkey

*This savory turkey dinner is a healthy way to
celebrate the holidays! A perfect fit for any of
the Candida or Maintenance Programs.*

