

# 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.*

