

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



February's Cooking Classes

**Wednesday, February 11th – 5:30pm - 6:30pm
Guilt-Free Valentine's Desserts –
Chocolate Avocado Mousse**

No need to gorge on sugar and candy! Learn how to make a yummy, healthy dessert that will satisfy your sweet tooth while sticking to your program!



**Wednesday, February 25th – 5:30pm - 6:30pm
Candida Cooking 101 –
Egg & Pesto Stuffed Tomatoes**

This colorful meal will be a great addition to your healthy meal plans! A perfect fit for any of the Candida or Maintenance Programs.

