

# 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**



## November's Cooking Classes



*Wednesday, November 5th - 5:30pm - 6:30pm  
Candida Cooking 101– White Chicken Chili*

*Find out how to make this yummy, healthy  
Candida-friendly meal! Fill up without the calories!*

*Wednesday, November 19th – 5:30pm - 6:30pm  
Happy Thanksgiving Dinner-  
Carrot “Stuffing”*

*You can eat healthy even on Thanksgiving!  
A perfect fit for any of the Candida or  
Maintenance Programs.*

