

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



October's Cooking Classes



Wednesday, October 1st - 5:30pm - 6:30pm
Candida Cooking 101- Creamy Celery Soup

Find out how to make this yummy, healthy soup!
Fill up without the calories!

Wednesday, October 15th – 5:30pm - 6:30pm
Spooktacular Supper Recipes-
Brussels Sprouts and Chicken Delight

This heart healthy dish is an excellent dinner choice and it tastes great too!
A perfect fit for any of the Candida or Maintenance Programs.

