

OCTOBER

CLASSES



Fall Favorites Cooking Class

Wednesday, October 14, 5:30 PM

Get a taste of the Middle East with this flavorful chicken dish. Tired of boring chicken? Mix it up with this rich, protein-packed meal!

Candida Cooking 101

Wednesday, October 28, 5:30 PM

Have you ever wondered how to cook a tasty quinoa meal? Our chef will teach you how! This dish is a perfect fit for any of the Candida or Maintenance programs.

Breakthrough Weight Loss Class

Offered Twice Weekly, Every Tuesday and Wednesday

This breakthrough Weight Loss Class will teach you exactly what is keeping you from your goal weight, and what you can do to start taking control of your life! Come alone or bring a friend. **(Attendees have reported losing 5 pounds just by implementing the information at this class!)** Register online at lighthouse.weightseminar.com!

Register by calling **801-265-3400!** Seats fill up fast!

For a limited time only, we're offering these classes for **FREE!** • Calendar on reverse side.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday