



New Year, Nourished

SIMPLE CHANGES FOR YOUR HEALTHIEST YEAR YET

Lauren Chaves, RD, LDN is the newest NCB colleague. As a nutritionist and clinical practitioner, she uses a holistic approach towards achieving improved health, weight management, and overall well-being. She's of full belief that clean and balanced nutrition are essential in attaining the best quality of life.



Understand the synergy of what you eat and the ways your body responds



Be proactive about prevention through the integration of healthy eating and lifestyle



Discover ways to balance stress and increase energy levels



Learn the benefits of nutrition therapy & maintaining a healthy internal balance.

Thursday, January 21st | 7pm

NCB - YOUiversity Room

RSVP - 847.985.1200 or Rosanne@nutritionconnectionbalance.com

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