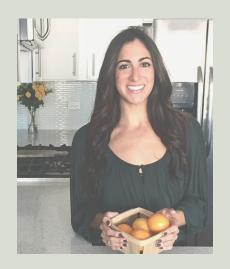


## HOW TO EAT YOUR WAY TO LESS STRESS



Determine which foods are causing stress in your body + zapping your energy

Discover which foods can alleviate stress + how they affect your body/mind

Learn how to nourish with those foods for a happier, healthier life

>>>>>>>>

Thursday, May 19th | 7pm NCB - YOUniversity Room

RSVP - Rosanne@nutritionconnectionbalance.com or 847.985.1200 1443 W Schaumburg Rd Ste 22, Schaumburg, IL 60194 www.nutritionconnectionbalance.com