



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 - YOUiversity Room



RSVP - Rosanne@nutritionconnectionbalance.com or 847.985.1200
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