

**The value of plants, messages in water and more!**

**Exercise facts as well as the next EASY yoga lesson and movement.**

**Smoothies and hundreds of recipes.**

**Join our high energy monthly gathering by Zoom!**



**Join us for Habit Changer's Facts to Change or Improve!**

**Master your wellness and excuses and enjoy long term stellar health!**

- Valerie Sayre, RD, LDN, R.Ph.T., IMD, Medical Exercise Specialist & Reiki Master, Jodi Kindle, SSC, Health Coach & Masseuse, Marilyn Wright, SC & Wellness Advisor and Kathy Jansen, Masseuse, yoga expert and Reiki Master.
- Inspiring science on food, nutrition, your environment, exercise and preventative health!
- Valuable support and an instant positive community and group for free! Invite everyone!

**Date:** Wednesday, July 7, 2021

**Times:** 9 am CST/10 am EST **OR** 6 pm CST/7 pm EST

**Zoom webinar:** [www.zoom.us](http://www.zoom.us) **Meeting code:** 847 985 1200

**RSVP to Valerie Sayre & NCB: 847-985-1200 or**

**[yearly@nutritionconnectionbalance.com](mailto:yearly@nutritionconnectionbalance.com)**

**with firm yes or no, # of attendees and preferred time**