

**Topics this session:**

**Caffeine Facts**

**Alcohol & Health**

**Adrenals, the stress glands: their importance, testing, symptoms & nutrition & therapies**

**Positive community!**



**Join us the 1<sup>st</sup> Wednesday of every Month for  
Habit Changer's**

- Valerie Sayre, RD, LDN, R.Ph.T., IMD, Medical Exercise Specialist & Reiki Master
- Marilyn Wright, Wellness Advisor & Jodi Kindle, Health Coach & Masseur &
- Kathy Jansen, Masseur, Reiki Master and Yoga Teacher

**Compelling and inspiring nutrition science facts and valuable support!**

- Share and attend this event with the family, friends and people you love!

**August 4, 2021**

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

**[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)**