

**September
Topics:**

**Intermittent
fasting and
genetics**

**The best
smoothies
with research**

**Label and
ingredient
reading**

**Glyphosate,
toxins &
cancer risk**

**New yoga
move!**



**Join us the 1st 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!

September 1st, 2021

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

www.zoom.us Meeting code: 847 985 1200

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

yearly@nutritionconnectionbalance.com