

October Topics:

Breath facts

**Sleeping
sunder**

**Neurotransmitt
ers and testing**

**Essential fats,
Omega 3's
medical
significance,
testing, heart
health,
prevention and
individualizing
treatment**

Easy yoga!



**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!

October 6, 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