

November

Topics:

Dairy facts and clinical reasons to limit or omit dairy

Tower Garden #1 Indoor and outdoor growing system

Plants based resources

Yoga for all levels!

GROW YOUR OWN **FOOD**



- Soil-less growing system
- 30% greater yield 3x faster than traditional gardens
- Uses up to 90% less space and 98% less water
- increased nutrient density of some crops
- Indoor option provides year-round growing

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!

November 3, 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