

December

Topics:

Gluten side effects, facts, and snacks

Growing greens since to secure your health

~ 26 hands + touch organic bought lettuce! Plants based resources

A fantastic yoga form to do at home!



**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!

December 1, 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