

November

Topics:

Dairy facts and clinical reasons to limit!

Tower Garden #1 Indoor and outdoor growing system

Assessments and tools to sound sleep.

More stress release moves!

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, Registered Dietitian, LDN, R.Ph.T., IMD, Medical Exercise Specialist & Reiki Master
Marilyn Wright, Wellness Advisor &
Jodi Kindle, Health Coach & Masseur

Compelling and inspiring nutrition science facts and valuable

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