

HABIT CHANGERS 2022

POWER OF PLANTS

TOPICS

- The Power of Plants in your diet by Valerie Sayre, Registered Dietician
- Tower Garden
- Juice Plus Trio
- Tower Garden Cookbook
- Plant Snacks from Tower Garden

AUGUST 03, 2022
9AM CST/10AM EST
6PM CST/7PM EST
ZOOM ID 847-985-1200



JOIN US The 1st Wednesday of every Month

**Valerie Sayre, RD, LDN, R.Ph.T., IMD, Medical Exercise Specialist
& Reiki Master**

Marilyn Wright , Wellness Advisor & Jodi Kindle, Health Coach

RSVP TO Valerie Sayre & NCB: 847-985-1200
ncbteam@nutritionconnectionbalance.com