

**LOSE WEIGHT,
HAVE MORE ENERGY
AND FEEL AWESOME
THIS SPRING!**



TRANSFORM YOUR LIFE
Health and Nutrition Lecture Series
Edgewater Acupuncture Center



How would you feel if you could...

- Have more energy all day, everyday.
- Go to the grocery store and know the ins-and-outs of buying healthy food on a budget
- Make nutritious as well as fast and easy meals
- Lose the weight without dieting once and for all!

If you find yourself feeling overwhelmed, heavy, tired, always wanting more time to get your health on track, then here is your chance for **TRANSFORMATION.**

During the 4 week lecture series, you will learn:

- Grocery shopping basics: planning a shopping list, reading ingredients, discovering what to buy organic or not, and how to save money and keep to your budget
- How to kick your sugar habit and permanently rid yourself of fattening junk food
- Discover how certain foods can give you energy and add vibrancy to your life
- Create the healthy home pantry so good food is at your fingertips

BONUS: When you sign up for the **TRANSFORM YOUR LIFE Health and Nutrition Lecture Series, you will receive unlimited health coaching between classes for support.**

DETAILS:

4 Week Lecture Series begins March 22, 2011.

Classes: March 22, 29, and April 5, 12

Time: 6:30 pm— 7:30pm

Cost: Sliding scale \$79—\$99 for all 4 classes

Instructor: Lisa Consiglio Ryan, Certified Health and Nutrition Coach and Founder of Whole Health Designs, LLC
www.wholehealthdesigns.com

Call 410.570.4597 to sign up!

