

ELEVATE WELLNESS PRESENTS

4 FREE CLASSES:



WOULD YOU LIKE TO LEARN HOW TO....

*Regenerate your health *Boost your productivity *Uplift your mood

Are you trying to find information on the best food choices? Do you strive for renewed energy, weight management, new ways to support your body with high quality nutrition?

Be inspired to expand healthy changes in your life by signing up for this free life-changing health and wellness program. During the 4-week program, you'll learn the foundations of nutrition and why they are essential for life.

Class Topics Include

1. Eating For Health: Understanding a whole foods approach for nutrition, Nutrition Heroes and Bandits explained
 2. Lean Protein and Clean Fats: How to choose outstanding proteins and superior fats for growth and nourishment of our bodies
 3. Colorful Complex Carbohydrates: Emphasis on fiber rich whole foods and grains and antioxidant-rich fruits and vegetables
 4. Sustainable Nutrition: Meeting the needs of the present population while protecting our food supply for the future
- Participants *must attend* each of the 4 classes
 - Participants are guided through each session as they learn how to make changes in their life through nutrition
 - Receive a free workbook containing information that reinforces nutrition and lifestyle recommendations presented in each class

For more information and to register for the 4-week program contact Elevate Wellness. Please call: 530.541.9355 or email: info@elevate-wellness.com

Class schedule: Wednesday evenings
Oct. 30, Nov. 6, Nov. 13, Nov. 20
6:30-7:30 pm



Advanced Nutrition Consultant student Dawn Sitchon facilitates classes educating people about how to select the most health supportive foods using the Bauman College Eating for Health Model and whole foods approach to nutrition, emphasizing that the best diet comes from S.O.U.L. foods (Seasonal, Organic, Unprocessed and Local).

Eating for Health

