

8-week nutrition seminar series

Change your plate. Change your life.

Tracie Hittman Nutrition

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(Below ANiU Salon & Spa)
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sign up at
Online
www.itsyourplate.com
or
call
213.2021
to make
your
reservation!



You will receive:

- shopping lists
- menus
- recipes
- handouts
- resource lists
- support & motivation
- a binder to keep it in

Time:
6:00 - 7:15

Dates:
Wednesday's
starting
Sept. 29 -
Nov. 17th

(note: class will be held on
Tuesday, Oct. 19th instead of
the 20th)

Food can make you feel better . . .

. . . if it's the *right* food. This series will help you feel and look your best by incorporating real food into your diet. We'll teach you how different foods affect your energy level, metabolism, hormonal system and more.

We'll cover the following:

- Cut your cravings and get balanced
- How foods affect energy & metabolism
- Healthy fats . . . the new info.
- How to find the right proteins
- The cholesterol myths
- Carbohydrates that count
- Healing your body



WHAT'S ON YOUR PLATE?

\$240 for the 8-week course

Space is limited - hurry and reserve your spot today!

www.itsyourplate.com