



The foods we eat play a key role in our health. This is a “prescription” for the whole foods that can help meet your goals for wellness and better living, which can include a reduction in weight, blood pressure, total cholesterol and LDL, diabetes control and even increased energy and reduced cravings. To return to the savory flavors and nutritious benefits of whole foods in a supportive community setting, *and based on my own experiences*, I recommend the following:

Take on a 28-day Healthy Eating Adventure with the help of a coach and ongoing support. Attend the weekly Eat and Learn potlucks and increase your knowledge and ability to prepare nutritious meals. Empower yourself for a lifetime of better health!

To register for one of these programs, email

Visit [www.healthyeatingadventure.com](http://www.healthyeatingadventure.com) for information, recipes and details.

Wellness Goals: \_\_\_\_\_

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From: \_\_\_\_\_