

Healthy Eating Adventure

Would you like support for taking on healthy eating habits?

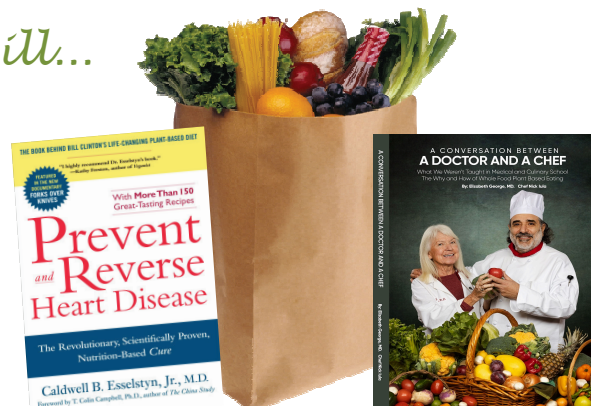
Join us on

FREE Lecture by



In just 28 days you will...

- ♥ Re-Awaken ability to enjoy flavors of food
- ♥ Lose cravings for sugar, salt and fat
- ♥ Lower blood pressure and cholesterol
- ♥ Lose body fat
- ♥ Normalize blood sugar
- ♥ Be heart-attack proof
- ♥ Sustain good health



All with the help of a coach and on-going support.

The Healthy Eating Adventure continues with:

- "Kitchen Makeover" -
- "Learn and Share" weekly potlucks -
- Celebrate Success

RSVP for dinner visit:

www.healthyeatingadventure.org