

BEAT THE SUGAR BLUES

Workshop Sponsored by Core Dynamics Physical Therapy
Presented by Nature Girl Wellness

Are you constantly craving sweets?

Do you have low energy in the middle of the day?

Date: Mon, Dec 5, 2011

Time: 6:30-8:00 PM

Location: (Here!)

Core Dynamics PT
177 North Dean Street, Suite
302 Englewood

Cost: \$5 per person

Kindly register by Dec 3rd

Join Erica Danziger, Holistic Health Coach, to learn how to permanently change your relationship with sugar. You will leave this class understanding the causes of your sugar cravings and receive practical tools for dealing with them. You'll learn to eat foods you love and have sweetness in your life without the side effects or the guilt.

Register today at the front desk!

