

Creating a balanced lifestyle you can live with!

Back to Basics

Fitness and Nutrition Coaching

OCTOBER FOOD WORKSHOP

What you will learn:

- **Your 2009 New Years Resolution—
Reconnect—it's not too late!**
- **Break the Fast—most important meal of the day**
- **Portions and Serving Sizes**
- **Expanding Your Calcium Sources**
- **Recipes**



Guest Speaker: Sue Moores
Developed Good Foods for
Good Health Program at
Kowalski's

7:00-8:00pm
Wed, Oct 7, 2009

Doors open at 6:30
Workshop begin at 7:00

Sign up now
\$25.

PLEASE RSVP TO:

Kristen Schepperle
info@backtobasicsforlife.com

Or call:

651-206-8949

Dellwood Hills Golf Club
Fireside Lounge
29 East Hwy 96, Dellwood 55110
