

EAT

EATING HEALTHY MADE EASY

WELL

Check the Calendar of
Events for Next Date



Learn More About...

- ◆ Increase your energy
- ◆ Fats that prevent Alzheimer's
- ◆ What foods cause disease
- ◆ How to easily manage your weight
- ◆ How to save \$ on health care costs
- ◆ What supplements you need



SEATING LIMITED - RESERVE YOUR SEAT TODAY - (715) 835-9514
2105 E. Clairemont Avenue, Eau Claire, WI

Bring a notebook so you can record all the good tips / recipes