

MARCH LEARNING ON WEDNESDAY

Make 2019 Your Healthiest Year!

Jumpstart Your Metabolism



Let Nutrition Therapy Practitioner, Jodelle Fitzwater, provide answers and solutions to these questions and any more that you have as she will teach how to...

"Jumpstart Your Metabolism!"

An informative and interactive class designed to help you understand the power of real foods and real lifestyle practices to balance and regenerate you from the inside out.

Imagine how much better your life would be if you had abundant energy, stable moods, a faster metabolism, better sleep, and overall vibrant glowing health.

Where: Kimberling Area Library
Community Room

When: MARCH 13, 2019

Time: 10:00 a.m.

(coffee and breakfast bread provided)

Tired all the time?
Inability to lose weight?
Sick of fad diets?
Sleep issues?
Trouble focusing?
Brain Fog?
Inflammation Worse?
Constipated?
Gas or Bloating?
Sick more frequently?
Lacking motivation?



Everyone is invited
Free to all.
No registration required.
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