



Free Fall Wellness Workshops

FALL INTO WELLNESS WITH TWO FREE CLASSES FROM NOURISHING RESULTS

Balanced Eating of Body & Mind

October 9th at 5:30-6:30pm

Interested in learning how to find balance in eating and get a grasp on hunger & satiety? On October 9th we'll discuss strategies to energize your eating and get in tune with your body's needs. This workshop is a great opportunity to understand more about how food affects your energy, mental clarity and emotions.

Anti-Inflammatory Living

October 23rd at 5:30-6:30pm

Feeling weighed down, achy or generally lack luster? On October 23rd, we'll dive deeper into how our lifestyle affects inflammation in the body and what you can do about it. In this session, we'll go beyond your food and discuss how your daily habits can help you get in touch with your most vibrant self.

REGISTER NOW!

Email or Call Us to let us know which class/classes you'd like to attend.

520-429-3418 | Contact@NourishingResults.com

Taught by, Integrative Dietitian, Katie Lehn
Held at Nourishing Results | 2970 N. Swan, Suite 220 Plaza Palomino

Take some time to ground yourself before the being swept away by the holidays.

