

HEALTHY EATING

Tuesday August 17th
6:00

- How does what I **eat affect my heart?**
- How much ***should*** I weigh?
- Do **supplements** really work?
- Why am I ***not*** losing weight?
- If I am **eating RIGHT**, why do I still **feel unhealthy?**

Do you ever catch yourself asking these questions? If **YES**, this workshop can answer these questions and *more* !!

Discover at the workshop:

- How to find **balance** and not feel like you are depriving yourself of your **favorite foods**
- Tips for a **heart-healthy** diet
- How to become a label reader when shopping for food
- The importance of a **serving size**
- How to incorporate **fruits** and **vegetables** into your everyday diet and the importance it has on your **overall health**



Presented by: Dr. Josh Shields
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Seating is limited, so call TODAY to reserve your spot
(770)253-5040