

Basic Nutrition - 101

Food Rules

Sponsored by:



Sat. March, 16, 2013

2:00 pm

Body and Mind Pilates Plus

1500 Carlemont Drive Suite B

Crystal Lake, IL 60014

Cost - \$25 in advance \$30 at the door

Make check payable to:

Know Thyself Wellness, LLC.

- What does it mean to eat clean whole food.
- Why organic food is NOT always the best choice.
- How you eat is as important as what you eat.
- Learn strategies for eating well.
- Clearing up some common myths about food.
- Learn why feeding yourself in all areas of your life is your first priority.

