

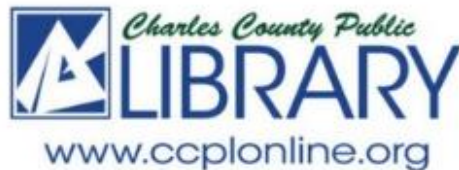
# FREE WELLNESS & NUTRITION SEMINARS



## Tasha Manigo-Bizzell

MS, MBA, LDN, CNS,  
L.E. Esthetic Nutritionist,  
Board Certified Nutrition  
Specialist, Esteem Coach,  
and Owner of Muse  
Wellness Company.

Muse Wellness Company  
*Live brilliantly from head to soul!*



Sponsored by:



## FEB. 27

### COMMON HEALTH MYTHS DEBUNKED

- Good carb, bad carb?  
Eating Fat makes you fat?
- 8 glasses water each day?
- Artificial sugar helps you lose weight?
- Sun causes skin cancer?

## MARCH 20 FOOD SWAPS

- Snacks to stay on track.
- Quick substitutions for healthier eating.
- Food choices that still meet your cravings.

## MARCH 27 WEIGHT LOSS SUCCESS

- Finding your weight that makes you happy and keeping it.
- Common sense tips and strategies for (permanently) losing weight and managing weight.
- Getting started, staying motivated, and enjoying it.
- Food label breakdown lessons

## JUNE 12 HOW TO PICK THE RIGHT EATING PLAN FOR YOU

- Getting through the hype of the most popular plans (Vegan, Paleo, Low Carb, Low Fat, High Protein, etc.)
- Meal planning basics for our hectic lives.

**Doors Open at 5:00 PM**

**Session 5:30 PM - 7:30 PM**

Charles County Public Library

Waldorf West Branch

Meeting Rooms A & B

10405 O'Donnell Pl, Waldorf, MD 20603

**For more information call (410) 224-4205**