

FREE WELLNESS & NUTRITION SEMINARS



Tasha Manigo-Bizzell

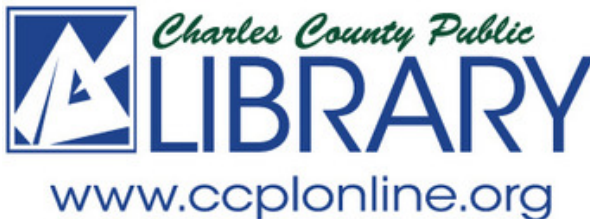
MS, MBA, LDN, CNS,
L.E. Esthetic Nutritionist,
Board Certified Nutrition
Specialist, Esteem Coach,
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Wellness Company.

Muse Wellness Company

Live brilliantly from head to soul!



United Way
of Charles County



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 13

FOOD SWAPS

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

MARCH 20

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

MARCH 27

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