

"30 Days To Healthy Eating & Living"

A FREE Seminar Given By Jennifer Hookham

Wednesday, 5/17 at 7 PM &

Sunday, 5/21 at 4PM

BCCC Suite #2B

eat CLEAN

What is "Clean Eating?"

(Learn what foods to eat and what foods to avoid.)

Why should you "Eat Clean?"

(Benefits include: increased energy, decrease in chronic pain, better sleep, weight loss, lower cholesterol and blood sugar and much more!)

How do you "Eat Clean" and STAY that way?

(Learn how to break your addiction to the foods that are damaging your health and learn how to incorporate healthy foods into your everyday diet.)

This FREE Seminar includes samples of foods that will help you stay on track, menu plans and recipes!

Space is limited, so RSVP as soon as possible!

Jennifer: jmhookham@sbcglobal.net

