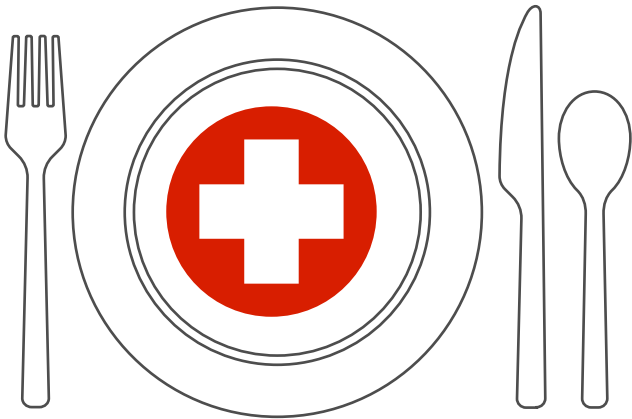


Eat Healthy, Live Healthy

WHY DOES FOOD MATTER

with The Plant Partners: Anne S. Bingham, MD & Catherine O'Rourke, RN



Mon, September 25th

7p-8:30p

Tues, October 3rd

Crescent Street OB/Gyn

Tues, October 17th

49 Crescent St

Middletown, CT

Tues, October 24th

6:30p-8p

Community Health Center, Inc.

675 Main St

Middletown, CT

With so much information out there on eating and living healthy, we bring you the latest science on food, nutrition and how to apply it in your life.

From raising healthy families, to losing weight, to managing chronic disease, we will discuss the role of food as it pertains to all these and more.

Join us for a presentation, light food and a chance for Q&A.

Sign-up by emailing:
catherine@totaltrueyou.com

\$25 per class for #1, #2 and #3

\$20 per class if you sign up
and pay for all 3 by 9/24/17

Class #4 is FREE

We accept: Cash, Check or Credit

Class #1: Monday September 25th

Eating your way into Good Health

What we eat matters. We will show you the correlation between what we eat and chronic disease, and how to feel better.

Class #2: Tuesday October 3rd

Impacting Life Changes as Women

From menstruation to menopause, diet plays a role in improving our well-being. We will also discuss the effects of diet on sexual health for both men and women.

Class #3: Tuesday October 17th

Beginning the Journey of Improving your Diet

How to feed a busy family, to plan to eat, to look at labels and to navigate the grocery store.

Class #4: Tuesday October 24th

Building Community and Learning New Skills

Put into practice what we've learned. Join our Plantluck community dinner by bringing a dish to share, and learn from a local chef at the cooking demo.