



K & G WELLNESS

Nutrition for Life Course. Phase One: “Learning It”

****WE’RE COMING TO CHESANING****

****THE LAST CLASS OF 2019!****

Presented by: K & G Wellness of Owosso.

Where: Riverfront Grille 128 N. Front Street, Chesaning MI 48616 (in their event room)

Who: ANYONE can attend. Open to the Public.

When: Tuesday September 10th – November 19th meets every Tuesday from 6-8:30 pm.
(No Class September 24th)

Cost: \$170 per class attendee for the entire 10-week course. 20+ hours of Nutritional Education.

RSVP: YES! You **must** call us at: (989)862-1601 to sign up for the course. Registration is a prerequisite to join and must be completed via calling by September 9th at 6pm to attend.

Topic: In the Phase One Course, the class emphasis is learning “how to eat”. We teach you how to utilize grocery store foods to put your body into a state of balance. This course is an in-depth ten-week lesson to start you on your road towards a lifestyle approach towards eating. **No meal replacements/supplements.**

The class topics include:

- *Personalized nutritional needs
- *Protein-purpose and function
- *Carbohydrates
- *Fats
- *Label and ingredient list reading
- *Soda pop, acid-base balancing, sugar substitutes
- *Fiber and gastrointestinal system health
- *A field trip to a local grocery store to teach you how to shop
- *Surviving the dining out experience
- *Your emotional connection towards food

This Course not only teaches you the how, when, and what to eat, but how a lot of “diets” go wrong in not teaching you the “WHY”. You will leave the ten-week course knowing exactly why you choose the right foods to eat.

K & G Wellness has helped countless people in our community in losing **OVER 100,000 POUNDS!**

To learn more visit our website at: kgwellness.com