



**K & G Wellness is coming to FOWLerville!**

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

**\*\*Starts Tuesday April 2<sup>nd</sup>, 2019\*\***

Presented by: K & G Wellness of Owosso.

**Where:** Fowlerville Junior High School (meetings in the auditorium) 7677 Sharpe Rd.  
Fowlerville, MI 48836

**Who:** ANYONE can attend. Registration open to the Fowlerville School District Employees only until March 22<sup>nd</sup>. On March 23<sup>rd</sup>, registration is then open to the public.

**When:** Tuesday April 2 – June 4<sup>th</sup>. We will meet once a week for 10 weeks from 6-8pm. Class is instructed by a bachelor's prepared RN.

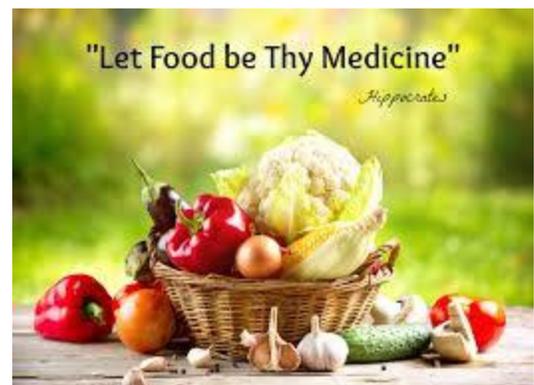
**Cost:** \$170 per class attendee for the entire 10-week course. 20+ hours of Nutritional Education.

**To Register:** call (989)862-1601 or email us ([kgwellness@hotmail.com](mailto:kgwellness@hotmail.com)) and sign up for the course.

**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 MUST choose the right foods to eat to lose weight and maintain health and wellness.

K & G Wellness has helped countless people in our surrounding community in losing **OVER 100,000 POUNDS!** To learn more, visit their website at: [www.kgwellness.com](http://www.kgwellness.com)