



## K & G WELLNESS

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

**\*\*THE ONLY CLASS FOR GRAND BLANC IN 2019!\*\***

**\*\*STARTS TUESDAY JUNE 11<sup>TH</sup>, 2019\*\***

Presented by: K & G Wellness of Owosso.

Where: Assumption Greek Orthodox Church 2245 E Baldwin Rd, Grand Blanc, MI 48439

Who: ANYONE can attend. Open to the Public.

When: Tuesday June 11<sup>th</sup> – August 20<sup>th</sup> meeting every Tuesday for 10 weeks from 6-8:30 pm.  
(No Class July 2<sup>nd</sup>)

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, and sign up for the course. Registration is a prerequisite to join and must be completed via calling by June 7<sup>th</sup> at 6pm in order 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 their website at: [kgwellness.com](http://kgwellness.com)