



## **K & G Wellness is Returning to Sparrow-Clinton**

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

**\*\*Starts Thursday October 4<sup>th</sup>, 2018\*\***

**\*\*LAST PHASE ONE CLASS OF 2018!\*\***

Presented by: K & G Wellness of Owosso.

Where: Sparrow-Clinton (meetings on the 3<sup>rd</sup> floor conference room) 805 S. Oakland, St. Johns, MI

Who: ANYONE can attend. Open to the Public.

When: Thursday October 4<sup>th</sup> – December 20<sup>th</sup>. We will meet once a week (every Thursday except for Thanksgiving) for 10 weeks from 6-8pm. Class is instructed by a bachelor’s prepared RN.

Cost: \$150 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)