



Nutrition For Life Course. Phase Two: “Working It”

****STARTS TUESDAY OCTOBER 2ND, 2018****

FIRST TIME DOING A PHASE TWO IN GRAND BLANC!!

DON'T MISS OUT ON THIS OPPORTUNITY



When: October 2 – November 27, 2018 6pm-7:30pm (Meeting on Tuesdays)

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

Who: ANY PRIOR PHASE-ONE PARTICIPANT. You must have taken a phase one program before (or currently in Phase One).

Cost: \$125 per class attendee for the entire 8 week course. Micronutritional Education.

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

Topic: During the first phase of the course, the participant learns the what, when, how, and why you eat something. Whereas, the second phase further expands the participant's knowledge base and helps the participant to utilize the information in everyday practice. It is commonly referred to as the “practicality class”. The course is an eight-week course. **No meal replacements/supplements.**

The class topics include:

- *Long-term goal setting
- *Meal planning
- *Ingredient substitutions
- *Recipe building
- *Plateau Busting
- *What is and where do I get vitamins, minerals electrolytes, amino acids, and metals in foods
- *Superfoods
- *Foods for everyday wellness

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 eight-week course knowing exactly why you choose the right foods to eat.

K & G Wellness has helped countless people in our surrounding community in losing **OVER 100,000 POUNDS! To learn more visit kgwellness.com for more information.**