



Mar 28th
2:00pm – 3:30pm

Simple Ways
to
Eating Well



Part 1 of 3 of Simple Ways to Eating Well Workshop Series.

Simple formula for eating nourishing whole foods.

The Magical Formula for Eating Like a Wellness Rockstar!!

Are you confused by all of the **conflicting nutrition information** out there? Is it hard to figure out what to eat, when and how?

Forget paelo, forget vegan, be educated about juice cleanses. There is a simple formula for eating nourishing whole foods that will **make eating a joy again**.

Join Ellen for a 90min workshop and Q&A to **learn how to best to feed the machine that is your body**. We will go over specific **tips, ideas, and recommendations** to help you **eat like a Wellness Rockstar**.

FREE WORKSHOP with a suggested donation of \$20

Location and Registration:
The Yoga Studio in Campbell
theyogastudio.biz/events

Ellen Lovelace, MPH, NTC helps health-challenged people to overcome the confusion and nutrition "noise," and achieve optimal wellness. She helps clients focus on what they CAN eat, finding good alternatives to not-so-good choices. Ellen specializes in digestion issues, food sensitivities, and general wellness counseling. Contact her for a free 15-minute phone consultation to discover how she can start you on the road to a balanced life. As a TYS Certified Aerial Yoga instructor, Ellen is pleased to offer TYS clients a 30% discount off of all nutrition services.

www.abalancedtable.net 408-547-7480.



