

THE BLOOD SUGAR ROLLER COASTER WORKSHOP

Led by Natalia Garcia, RDN, LDN

What You'll Learn:

- How blood sugar spikes → crashes → cravings → fat storage
- The hidden link between blood sugar and stubborn weight gain
- Why “healthy” marketed foods can still spike glucose
- Early signs of insulin resistance (most people miss these)
- Simple meal timing + food pairing strategies to stay stable all day



DATES (CHOOSE ONE)

July 9th **OR** July 16th



TIME

12-1:00pm



ZOOM

REGISTER HERE

