



Putting Diets to Rest

LOOKING TO LEARN THE TRUTH ABOUT DIETS FROM THE EXPERTS? THIS IS THE CLASS YOU'VE BEEN WAITING FOR! WITH NATALIA'S EXPERIENCE, SHE'LL BREAK DOWN COMPLEX NUTRITION INFORMATION INTO EASY-TO-UNDERSTAND INSIGHTS. THIS IS A 5-WEEK WORKSHOP WITH WEEKLY LESSONS. USING (2) OF YOUR 5 FREE FOR 1-ON-1 NUTRITION VISITS ARE ENCOURAGED FOR THIS WORKSHOP BUT NOT REQUIRED TO PARTICIPATE.



Topics

- Metabolism Myths vs facts
- Keto done right
- The science behind fad diets
- How food impacts hormones
- Putting it all together

Dates and Times

12:00-1pm:

- May 13th
- May 20th
- May 27th
- June 3rd
- June 10th

(Via Zoom)

Scan to register



Eligibility: Members on the YourChoice Health Plan

FOR MORE INFORMATION EMAIL: NATALIA@FNWELLNESS.COM