



# supper + support

do you need to develop a new cooking and eating style?

- Have you decided (or have you been told) that you need to change your cooking + eating style – eat more healthfully, eliminate sugar, gluten, dairy, or some other food?
- Does the primary cook at your house need support to make that change happen?

supper + support offers you a group experience that includes:

- Health coaching: nutrition information to help you discover food choices that work for your entire household
- Hands-on cooking classes: menu plans and recipes to help you make it work

april – june, 2016  
2nd + 4th wednesdays  
6 – 8pm

to register  
310-892-9485 (8a-8p ET)  
[simplyhealthcoaching.lizabaker@gmail.com](mailto:simplyhealthcoaching.lizabaker@gmail.com)

