



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 – whether it's to eat more healthfully, eliminate sugar, gluten, dairy, or some other food?
- Do you 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

program runs january–april 2017

register by january 6, 2017

details + registration:

<https://is.gd/spring2017>

