

Firstenburg & Nutrition & Health



with Joy Lasseter,
Ph.D. nutritionist

workshops

You must register five days in advance. Handouts cannot be printed for walk-ins at the last minute. Register in person, online or by phone.

**Permanent Weight Loss
without Crash Diets or Drugs**

Jan. 18
3-4 p.m.
6-7 p.m.
COST: \$25

**NEW! Nutrition Tips for Gluten
Sensitivities**

Feb. 22
3-4 p.m.
6-7 p.m.
COST: \$25

**Mastering Emotional Eating to
Lose Weight**

April 11
6-7 p.m.
COST: \$25

Mastering Anxiety and Stress

Jan. 25
6-7 p.m.
COST: \$25

**NEW! Grow Your Own Organic
Food in Your Yard**

March 7
6-7 p.m.
COST: \$25

**Improve Mental Function
Naturally**

April 18
3-4 p.m.
6-7 p.m.
COST: \$25

**NEW! Disaster Preparedness
Workshop**

Feb. 8
6-7 p.m.
COST: \$25

**Healthy, Easy Nutrition Plan for
Families**

March 14
3-4 p.m.
6-7 p.m.
COST: \$25

