



Nutrition for
Body and Mind

Maintain a Healthy GI Tract

“Cleaning Out Your System”...with the Right Foods!

Nutrition For Body And Mind strives to create healthier individuals, families, workplaces and communities through nutrition, lifestyle behavior modifications and fitness.

GROUP BASED CLASS: Presented by Courtney M. Walberg, Registered Dietitian & National Academy of Sports Medicine- Certified Personal Trainer

We will discuss the following:

- Fiber - Soluble versus Insoluble
- Benefits of Probiotics
- Healthy Meal Regimen (timing of meals)
- “Flat tummy” Foods
- Stress and Digestion / Weight Management



Who will benefit?

People who have digestive issues or disorders, or who just want to learn about healthy foods for improved energy, focus and digestion!

All classes provide a copy of presented material, hands on activities & Q&A.

“There is no magic diet pill...no starving yourself, detox or food deprivation!”

Come learn how to improve your health, digestion and energy today and *“find your life balance!”*

WHEN: 10:30am- 12 pm, Saturday July 23rd, 2011
WHERE: 9001 Wilshire Blvd., Suite 100, Beverly Hills, CA, 90211
PRICE: \$28 per person (\$75 value). Accept cash or check only
*\$20 for Sweat Garage clients.

REGISTER NOW: Email Courtney.Walberg@gmail.com
Call #949-338-2597



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