

Live Healthy—*Beat the Sugar Blues!*



If eating a little sugar leaves you wanting more, please join us to learn how you can *Beat the Sugar Blues*.

When: Thursday, February 11, 2010
10:30 to 11:30 a.m. or 5:30 to 6:30 p.m.

Where: Country Club of New Bedford

No Fee

Register Early - Limited Space

Share with a Friend

Jacqueline

508-999-5167

Sheryl

508-689-4633

This event is sponsored by *The Women in You*, a group of dedicated local practitioners who educate and inform women on alternative health choices (www.thewomeninyou.info)

Sheryl Worthington Turgeon, MPH, CHC, CMMS, is a certified health, nutrition and life-purpose coach, who helps women to enjoy healthy nourished bodies, experience exhilarating transformations and fall in love with their lives!

Areas of specialty include: Sugar Sensitivity, Weight Loss, Whole Food/Organic Transitions, Relief of Chronic Symptoms from PMS to Menopause, Food Sensitivity Testing and Analysis, Mid-Life Quests and Life-Purpose Business Strategies. You can learn more on her website: www.yourhealthpotential.com.

YourHealthPotential.com

the
Women
in you