

Adult Nutrition Education Group

BEGINNING NOVEMBER 9TH

**JOIN ASHLEY TO LEARN ALL ABOUT
THE BASICS OF NUTRITION THROUGH
AN INTUITIVE EATING LENS. WE'LL
TALK ABOUT VITAMINS & MINERALS,
COOKING & MEAL PLANNING, AND ALL
THINGS INTUITIVE EATING AND
HEALTH AT EVERY SIZE.**

ALL CLASSES ARE VIRTUAL
TUESDAYS @ 5:30PM EST

\$40 PER SESSION OR 5 FOR \$175

To sign up go to: <https://p.bttr.to/2ZjNOms>