

# Presented by The Mill Works & Gingersproutz Wellness

## WELLNESS SEMINAR SERIES -2019-

FREE  
EVENT!

JOIN HEALTH COACH CARLY BERGENHOLTZ ONCE A MONTH FOR A FUN, INTERACTIVE AND INFORMATIONAL LOOK AT HEALTH AND WELLNESS!

### **"Meal Planning Made Simple"** **Thursday January 24th @7:00pm**

*\* Do you need some fresh new ideas for the new year? Learn how to plan your meals simply and affordably using healthy whole foods that the whole family will enjoy. Cook once, eat twice tips and how to use your leftovers tricks.*

### **" The Great Sugar Debate"** **Thursday February 28th @ 7:00 pm**

*\*Do you constantly crave sweets? Learn how to gain control of your cravings without feeling deprived. Get some insight about the sugars in our foods and a guide on healthy alternatives.*

\*EVENTS WILL BE HELD IN THE MILL WORKS PARTY ROOM. STOP BY OR CALL THE FRONT DESK TO PRE-REGISTER. SPACE IS LIMITED.

\* CONTACT CARLY FOR MORE INFO ON EVENTS AND PRIVATE COACHING.



**THE MILL WORKS**

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