

FoodSense AtoZ

■ www.foodsenseatoz.com



CHIROPRACTIC SERIES

In the search for wellness, alignment, digestive health and proper nutrition are all elements of preventative chiropractic care. Sharon's classes offer ways to achieve a healthy lifestyle by improving the body's nutritional intake through good decision-making, developing healthy relationships with food, and implementing individualized meal strategies for active lifestyles. Align your spine and fuel your body through preventative chiropractic care and nutritional empowerment your patients can live with.

Sharon's positive energy and presentation style will get your group's attention. They will leave the class better informed and collectively motivated to make healthy food choices for themselves and their families.

FEATURED CLASSES

- On the Go Eating (for the workplace)
- Corporate Lunchbox Eating
- Lets' Go Shopping for Nutritious Foods
- Pantry & Refrigerator 101
- Raw & Vegetarian Strategies
- Fuel for Athletes
- Nutrition for Toddlers and School Kids
- Reducing Inflammation
- Weight Loss by Candle Light
- High Blood Pressure and Cholesterol