

# FoodSense AtoZ

■ [www.foodsenseatoz.com](http://www.foodsenseatoz.com)



## WEIGHT LOSS BY CANDLE LIGHT

So you've set your wedding date, picked out your dress, and are motivated to lose the weight necessary to look your best on your special day. Building a healthy relationship mentally and physically will be significantly influenced by your 'food lifestyle' but you need a plan on how to get started. Let Sharon show you how to prepare romantic dinners at home to fuel your new life together by making sense of food in ways you've never dreamed of... and beyond. This is a popular class no one should miss.

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
- Let's 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