

FoodSense AtoZ

■ www.foodsenseatoz.com



SHOPPING FOR NUTRITIOUS FOODS

For one of her most requested interactive classes, Sharon will accompany you to the grocery store where you will walk the aisles together and select food items and analyze labels in detail. Dietary and nutritional differences between products are discussed and possible alternatives or more nutritious substitutions are compared and suggested right there in the store. Sharon will show you how to shop the store from the 'outside-in.'

Sharon's positive energy and presentation style will get your group's attention. Your group 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
- Corporate Lunchbox Eating
- 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

FOODSENSE ATOZ RADIO SHOW

Log into the show's web site each Monday from 5:00 - 5:50 pm PST for Sharon Madsen LIVE. Brought to you by iHeart Entertainment Radio.
www.w4cy.com