

The New You
Nutrition



presents...

Healthy Holidays:

A guide to **thriving** instead of surviving!

Tuesday, November 17th at 6:30 pm

Purchase tickets at:

<https://thenewyounutrition.ticketbud.com/healthy-holidays>

Investment: \$15

Don't just survive the holidays...thrive. The holidays can be full of challenges that can derail your best intentions. Come join us to learn strategies for eating and feeling your best so you can enjoy this time of year. We will cover food swaps, food quality, ingredient substitutions, quick food options, stress management, and more!

Light refreshments will be served and each attendee will go home with a goodie bag.

Location:

Club House at the Creekside II Office Complex
6091 South Quebec St, Centennial CO 80111

Presented by Danielle Schreiber, MNT

Questions? Call or email: 720-254-9130 or
danielle@thenewyounutrition.com

