



DO YOU Want to have more time for pleasure, versus routine doctor and emergency room visits?

DO YOU Want to save time by slow cooking, eating more raw foods and preparing a food calendar?

DO YOU Want to understand more about who you are and what to do for maintenance of your precious and unique brain and body?

COME TO NUTRITION MONDAY

What can you lose?

What is Nutrition Monday 2018?

1. Formerly on Blog Talk Radio this program helps many Americans as they embark on programs to help themselves and their family members to be healthy, increase performance levels and have success at doing whatever they desire.
2. This is a program that will teach about Nutrition and what keeps you alive and well.
3. Nutrition is not just food but the intake of nutrients. This includes supplements *specific to you*. There are vitamins, minerals, salts, herbs, spices, beverages that are confusing to everyone. Carolyn Finch will help you navigate the nutrition nightmare that is plaguing every home and workplace in the United States.
4. Nutrition Monday is held the **first Monday of every month** that is not a legal Holiday. These meetings are held at **CoWorkerHub 900 Straits Turnpike** in the Crossroads Plaza (in the back.) Suite 205, Middlebury CT 06762. **COME: January 8, 2018 6 to 7:30.**
5. You will learn how to save money on food and the difference between functional foods and filler foods. There will be meal suggestions for at home or away and Q and A time.
6. Food growth, preparation, ingestion, absorption and contraindications with medicine will all be addressed during the year of 2018.



As an award winning Speaker - **Body Language Expert**, Certified Nutritionist, Speech Pathologist, Applied Kinesiologist, Alternative Practitioner (for 25 years) and former teacher of Safety, Health and Nutrition at Naugatuck Valley Community College, **Carolyn Finch** will help you be happy about your health & life.

P.S. Pre-registration \$20.00 Registration at the door: \$25.00 Call Carolyn Finch's office & register - 203 405 3972. Leave your name and tel. # or Email: carolyn@carolynfinch.com Space is limited so call now.