

Summerland Church of Light, NSAC presents an exciting, informative lecture on



with

Anne Marie
Lisa

• *Certified Nutritional Counselor*

**Saturday,
September 7, 2019
1:00 PM–3:30 PM**

*Education to make sound, healthy lifelong changes
to your eating habits.*

Learn what the parameters of an anti-inflammatory diet include and how it can assist in:

- # Strengthening your immune system
- # Promoting weight loss
- # Increasing energy levels
- # Lowering LDL (bad) cholesterol levels
- # Lowering blood pressure
- # Stabilizing blood sugar



Fee for the workshop: only \$20 .



Summerland Church of Light, NSAC

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