



Angela Wright
Holistic Nutritionist of Align Nutrition presents

Weight Management and Emotional Eating ~ The Whole Foods Perspective

Are you looking to get off the 'diet train', grab a hold of your eating choices instead of that donut, and be more aware and conscious of what your body and mind want and need? Join Ange for a hands-on workshop and open discussion about the hurdles, alternative choices, and tools to make those tweaks and upgrades to have a healthy lifestyle – physically, mentally, and emotionally – for life.

'New Workshop Format' Tuesday January 24th, 6:30-8:30pm

At The Woman's Place Fitness Group

123-1889 Springfield Road, Kelowna BC

Members & female non-members welcome; \$20 includes HST

Register at TWP in person or by phone at 250-762-7255.

More info at www.alignnutrition.com.