

Here's an announcement from new HAA member, Linda McCue

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JOIN US FOR A TALK

(No Cost to Attend)

“DEFINING SUPERIOR NUTRITION”

Presented by

Candace Booth ND, PhD, CNC, SHC

Nutritionist/Herbalist

www.destinationhealthplus.com

DATE: Thursday night – January 15th - 7-8:30 PM

LOCATION: Abundance Wellness Center – 325 John Knox Road-
Building T- Suite 1 – 850-545-3978

WHAT YOU WILL LEARN: (This discussion is based on the material in Candace’s newly released book, “*HOW MUCH FAT ARE YOU CARRYING? The Ultimate Fat Loss Guide For People Who Are Sick of Diets*”)

- *Why fat loss should be your focus and not just getting skinny!*
- Techniques for an all around healthy lifestyle
- Basics of Nutrition and a lean body eating strategy
- Why muscle mass and lean body mass are critical for health and looking great
- What drives METABOLISM
- How to set metabolism on fire, restore your physiology so it functions at an optimum level
- How to reverse Adult onset diabetes ... and much more!!!

We do need to know how many are attending, so please email or call Candace at: 352-735-2966 (Candace@destinationhealthplus.com) or Linda McCue at: 545-3978 to confirm a seat. PLEASE!!!

THANK YOU!!!

Candace will have books for sale at a discount.
