

DISCOVER OPTIMAL HEALTH

UNDERSTANDING + ADDRESSING FOOD CRAVINGS



A NEW TOPIC EACH MONTH!
EVERY 2nd WEDNESDAY

CLASS DESCRIPTION

UNDERSTANDING + ADDRESSING FOOD CRAVINGS

Do you experience food cravings? Are you unsure why they happen or how to address them? Many of us view cravings as weakness, but cravings can provide tremendous insight into your nutrition and health needs.

In this class, you will learn

- Reasons you may crave certain foods at certain times
- Messages your cravings may be trying to send you
- Specific tips for addressing your cravings in ways that are healthy and beneficial
- How to use cravings to dramatically improve your overall health and wellbeing

sign
up

Wednesday, February 8th 2012
at 6pm in the Martial Arts Room

Each seminar is an hour long and just \$25.
Bring a friend and you each save \$5 upon sign
up!



with
KATE BRODSKY,
Certified Health Coach
discoveroptimalhealth.com

Cancellation Policy: If you are signed up for an event and find you cannot make it, please alert us as soon as possible. We will give a full refund for cancellations 7 or more days in advance. No refunds will be given 48 hours before an event or for no shows. Castle Hill Fitness reserves the right to cancel programs at anytime to which we offer full refunds.

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