



LUNCH N LEARN WORKSHOP

FINDING YOUR BALANCE SIMPLE STEPS TO FEELING YOUR BEST.



IZZIE SADLER
Functional Medicine
Certified Health Coach



At 11 AM to
1 PM



Saturday,
September 12

**THIS WORKSHOP IS FREE –
RESERVATION REQUIRED**

To make a reservation, contact Nancy
Goode at 229-432-2705 or email at
nancygoode1215@gmail.com

WWW.DEMENTIASUPPORTCENTER.NET

DEMENTIA SUPPORT CENTER
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