

COACH STEPHANIE IS ON TOUR NEAR YOU

PRESENTING

MAKING SENSE OF NUTRITION

SLIDES, HANDOUTS AND Q&A

LOCATION: RED MORTON COMMUNITY CENTER
1120 ROOSEVELT AVE, REDWOOD CITY, CA 94061

WHEN: SUNDAY FEB. 23RD FROM 2PM TO 4PM
teaching at venues between Santa Barbara and San Francisco between February 22nd – 26th

Stephanie's most popular class - an overview on wellness! Covering subjects such as Gluten-free living, Low-Glycemic Eating, Anti-inflammatory eating and more! No product, pill, meal replacement shake, or diet will ever be sustainable or as effective as learning to incorporate holistic living and plant based eating.

“Stephanie Austin has the rare combination of gifts of being exceptionally knowledgeable, able to integrate all she knows and reads, sincerely compassionate and open, and a contagious love for learning and life. In just a two hour class she shared a volumes of pertinent information in a fun, engaging manor. She gives practical tips you can start right now as well as the science and statistics to back it up.”
(Sheila of SLO, CA)

- How do I eat to lose weight? Why do I gain it all back?
- How can what I eat help prevent cancer and ‘dis’ease?
- Is gluten-free just a fad?
- Do I have to watch my blood-sugar even if I'm not diabetic?
- How can stress lead to weight gain?
- Learn this and so much more for only \$15pp or \$10pp when you register for two or more!

Register online at www.WellnessByMotherNature.com. Plus enter for a chance to win the 6-week Restoring Wellness coaching program valued at over \$700. This 6-week, fully online, fully coached program restores your wellness from wherever you are currently - from the beginner to the savvy health nut.

Restoring 
WELLNESS

wellness ^{BY}
Mother Nature



Stephanie Austin is a certified Holistic Health Practitioner and Nutrition Coach and owner of Wellness by Mother Nature dot com. She has released over 60 pounds and conquered years of junk food addiction through holistic healing and nutrition techniques that she now passes onto others. She coaches people online and locally on the healing value of nutrition and the innate self-healing abilities of a body in balance.