

COACH STEPHANIE IS ON TOUR NEAR YOU

PRESENTING

MAKING SENSE OF NUTRITION

SLIDES, HANDOUTS AND Q&A

LOCATION: CORE TOTAL FITNESS

1007 WASHINGTON ST, SAN CARLOS, CA 94070

WHEN: SUNDAY APRIL 13TH FROM 2PM TO 5PM

teaching at venues between Bay Area and Yosemite between April 11th and April 14th

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.

"This has been the BEST experience! I highly recommend this program, no matter what your background, health concerns, food preferences, or biases. My husband and I have experienced life changing moments and will continue to follow Coach Stephanie's advice and guidance long after the conclusion of the program. Eternal thanks!!" Kristy from Redwood City, 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.