

# EATING RIGHT FOR A BETTER LIFE!

Learn the importance of Fruits and vegetables in your Diet

**Tuesday, July 18, 2017 12 Noon - 1:30 PM**

Join us to learn practical tools on how to Make Health Your Hobby  
by being more intentional about what you put in your mouth

You will learn:

- How fruits and vegetables help to get rid of the “garbage” in our systems
- Practical Tools for Healthy Aging
- The difference between “Old Foods” vs “Young Foods”
- Eating to be the best version of you!

**ELAC - Auditorium Foyer Salad bar served**



Kristen Roby Garcia is a Certified Health Coach with Dr. Sears Institute and a Wellness Educator with The JuicePlus Company. Over 4 years ago, after being the heaviest she had ever been and diagnosed with Hashimoto's and other Hormone and Thyroid related issues, she began a journey towards better health. She was able to stabilize her thyroid and even out her hormones all by what she put into her mouth! In the process she got her whole family healthier too and finds passion and purpose by sharing her knowledge with others so that they can feel better, more vibrant and live a life of fullness and depth.

Health  
ConneXions