

FREE NUTRITION SEMINARS

- GAIN OR LOSE WEIGHT WITH PROTEIN DRINKS
- DANGER INGREDIENTS TO WATCH OUT FOR AND AVOID
- LINDSEA'S TOP PICKS

with **Lindsea Burns**
Nutritional Therapy Practitioner (NTP)
Clinical Nutritionist



Thursday, October 2nd 7pm

Protein Powder:

The Good, The Bad, and The Toxic

What's really in your protein powder? Evaluating top brands, protein types and added ingredients to determine the protein powder that is right for you!

SIGN UP NOW!

SEE THE FRONT DESK FOR DETAILS.



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*Eligibility to participate in these events determined at the time of sign-up.
No changes or modifications apply.