



301-952-1111 | 973-498-6955 (fax) | www.pilatespluscenter.com

**Join Nutritional Counselor, Vivian Arbin
For This 8-week Series**

When: Friday's at 7:30 p.m.

Length: 9/16 – 11/5

Cost: \$100.00 (8-weeks)

Drop-ins by appointment \$15.00

**Nutrition For Healthy Living
Class Outline**

1. Overall presentation of the disease and food connection.
2. Introduction class on how our digestive system works with a demonstration of how our colon cleanses itself with “bad” foods and “good” foods.
3. What GMO foods are and how they affect our health.
4. Reading labels. How to read label ingredients and learn which ones are healthy and which ones can hurt your health.
5. What sweetener do I use? What are the studies done on each, what are they made from and which one do I use?
6. Organic Foods. Are they really better? Where can I find organic foods and how do I know if it is organic?
7. ABC's of Vitamins. The study of orthomolecular nutrition. (The study and belief that disease can be helped by nutrition)
8. Juicing and its benefits-with juicing demonstration and tasting.

Register On-line Today!

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