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Mission: Nutrition

by Susan Spears, B.S. Food Science, M.S. Nutrition

Tired of roller coaster weight loss programs?

Don't know how to make sense of fad diets and trends?

Trying to figure out what works for YOUR body?

Whether for weight loss, muscle gain, sports performance, increased energy, improved sleep, pain and inflammation reduction, improved control of autoimmune disorders, or simply because you want to be healthier, attend this three-part series of seminars to find out how to eat your way to health!

1. Stop Counting Calories! Why an "eat less and exercise more" plan is a problem and how to fix it. Learn how you can achieve sustainable weight management. Plus: Health Numbers that Really Matter. Establishing Health and Fitness Goals.
2. The Myth of the Perfect Diet: Understanding Fat, Protein, and Carbohydrate PLUS Vitamins, Minerals, and Phytonutrients. The Truth About Eating Your Way to Healthy! It's all about YOU!
3. How to Avoid the Fake Food Establishment, Enjoy Real Food, and Help the Picky Eater—even if it's you!

Our next series of seminars begins soon!

Email or call for dates and times!

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