



NUTRITION WITH NITA

A THREE
COURSE
SERIES

FEE FOR SERIES: \$75.00 – INDIVIDUAL CLASS: \$30.00

CLASS 1: RAISING A HEALTHY FAMILY JANUARY 23RD – 6:30-8 PM

Are you struggling with what to feed your family? Are you wondering what foods are best to eat for optimum health? What about foods that create extra needed energy? Learn what foods to add into your diet that fuel your body and which ingredients can sabotage your health. Do you have a picky eater? I'll show you how to overcome with new and fresh ideas.

CLASS 2: HEALTH FOOD STORE TOUR FEBRUARY 6TH (MEET AT MUSTARD SEED AT 6:30)

Are you easily intimidated when going to a health food store? For most of us, grocery shopping can be a daunting task. Add in a health food store and it can even be more challenging. However, it doesn't need to be that way!

Come join me at Mustard Seed in Solon and empower yourself to change your life and your nutrition by learning what you should be filling your cart with. Let me hold your hand as we take to the many shelves to discover health and wellness. Aisle by aisle, I will help you make better food choices, show you how to read labels, introduce new ingredients, identify local and seasonal produce, pick out healthy on-the-go options, answer your food and nutrition questions and provide grocery shopping and meal planning tips. Bring a notepad 'cause you'll be learning a lot!



CLASS 3: SUGAR, FAT, PROBIOTICS AND MORE MARCH 6TH – 6:30-8 PM

Are you or your kids constantly craving sweets? Perhaps you are wanting to understand why. Should we take probiotics or not? Are you confused about a low-fat diet vs healthy fat? Learn how a healthy fat diet can help improve your mood and boost your well-being! Come join me with your questions and I will try to address them in this session.



ABOUT
NITA EWALD, MSC.

Nita is a Certified Holistic Health Coach. She is a graduate from the Institute for Integrative Nutrition and is board certified by the American Association of Drugless Practitioners. She has further studied nutrition in the field of Nutrigenomics, a study of the effects of nutrients on gene expression. She also has a Master's Degree in Chemistry and previously worked for a number of pharmaceutical companies for 12 years. Nita is a mother of two boys, age 13 and 8.

For information or to register:
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