



SHOULD I GO  
MEDITERRANIAN?

VEGAN?

KETO?

PALEO?

Jessica Lewis, Founder of *Sculpt YOUR LIFE*  
presents

yummy!

# A Taste of Whole Food Nutrition

What's "your food" exactly? If you're feeling confused you're not alone. These days there's so much conflicting information out there, even from sources we've always been told we should trust, it's almost impossible to separate fads from facts! If improved health and weight is your goal, all healthy diets should have a few things in common. Join the area's top educator for this DELICIOUS, fun, innovative workshop and expect to walk away knowing:

- The distinctions between whole and processed food
- The healthiest proteins, fats, and carbohydrates of all
- EASY ways to reduce disease risk and symptoms
- The 4 simple criteria of *good-for-you* food
- Money-saving shopping tips
- Meal planning templates

Tired of counting calories, grams, carbs, or macros? Eating should be a no-brainer, not brain surgery! Jessica will cut through the confusion so you can get down to business improving your health and your weight (plus your sleep, energy level, and entire relationship with food.) And BTW the cooking demonstration during the second class can't be beat!

**WHEN:** November 6th and 13th, 6:30 – 8 PM

**WHERE:** Hockessin Chiropractic Centre  
724 Yorklyn Road (in the Stone Mill complex), Suite 150  
Hockessin, DE 19707

**COST:** \$83

***BUT SEATING IS LIMITED...PRE-REGISTER NOW!  
CALL 302-593-5005 BY OCTOBER 31ST TO RESERVE A SPOT!***

For more info on Jessica Lewis, CPT, CNC and her comprehensive Lifestyle Coaching private practice,  
visit [www.SculptUrLife.com](http://www.SculptUrLife.com)

or like her on Facebook: <https://www.facebook.com/SculptYourLifeJessicaLewis/>