

SHOULD I GO  
MEDITERRANIAN?

VEGAN?

KETO?

PALEO?

Join Hockessin Chiropractic Centre's own Lifestyle Coach,  
Jessica Lewis, CNC, CPT for

# A Taste of Whole Food Nutrition



Especially in these completely UNPRECEDENTED times, what exactly should "your food" be? 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! But if improved immunity, general health and weight is your goal, all high quality diets should have a few things in common. Join the area's top educator for this fun and 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 improve immunity while reducing existing disease 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.)

**WHEN:** October 28th, 6:30 – 8:30 PM

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

**COST:** \$35

**NEW VIRTUAL  
FORMAT!**



**BUT HURRY, YOUR HEALTH CAN'T WAIT... CALL 302-239-8550 BY OCT 21ST TO REGISTER!**

*This workshop will be taught by Hockessin Chiropractic's own Lifestyle Coach **JESSICA LEWIS, CPT, CNC**, the region's only Certified Nutrition Instructor who's also a Master Personal Trainer and an Accredited T'ai Chi Chih Instructor as well as the Founder of **Sculpt YOUR LIFE**®. For more information on all aspects of Jessica's Lifestyle Coaching private practice visit her at [www.SculptUrLife.com](http://www.SculptUrLife.com) or follow her on [Facebook](#), [LinkedIn](#), [Meetup](#), [Instagram](#), [Twitter](#) or [YouTube](#)*