

Taking Back Control

Maintaining Healthy Weight and Healthy Blood Sugars



Do you feel as though you're losing the battle against cravings and unwanted pounds?

Are you having trouble keeping your blood sugars at healthy levels?

Does diabetes run in your family?

If you answered “yes” to one or more of these questions, this class is for you! Find out how you can support healthy weight and healthy blood sugar levels by learning about:

- **The types of foods that support weight loss**
- **Eating patterns that support weight loss**
- **Healthy fats, carbohydrates, and proteins**
- **Creating a healthy pantry**
- **Meal Planning and Menu Ideas**
- **Recipes and more!**

Cost: \$35

Dates and Times: 2 Tuesday evenings, 6:30-8:00, November 2 and 9

Location: 2230 Professional Drive, Suite B, Santa Rosa, CA 95403

Reservation Required: Contact Marsha at 707-570-2090, or send email to marsha@marshasendar.com. Class fee must be paid in advance to reserve your space.

Nutrition Consultation and Class Package: \$235 (a saving of \$30). This includes the class + 2 individual nutrition consultation sessions (a comprehensive nutrition and lifestyle assessment and a follow-up session).

Marsha Sendar, MSPT, CNC, MSHS, is a certified nutrition consultant, physical therapist, and health educator who is passionately committed to a holistic approach to health. Marsha brings her love of delicious, health-promoting foods and her extensive experience in many forms of movement and exercise to her work. She maintains a private practice in Santa Rosa where she offers nutrition consultation, healthy exercise and stress management instruction, and physical therapy services. For more information about Marsha, visit her website at www.marshasendar.com.