

Save the date!

Paragon Family Medicine
NUTRITION
series

"I'VE GOT THE SUGAR IN MY BLOOD"

SEPTEMBER 27, 2022 4:00pm-5:00pm

Learn more about type II diabetes along with simple daily strategies you can do to reverse, improve or successfully manage this disease.

"ANALYSIS PARALYSIS"

OCTOBER 11, 2022 4:00pm-5:00pm

Overwhelmed by the amount of food options available? Unsure what the "right" food to eat is? Learn how to keep food choices simple, easy, effective and sustainable without dieting, subscribing to expensive programs or doubling your grocery budget.

"SUGAR - THE THIRD CERTAINTY OF LIFE"

OCTOBER 25, 2022 4:00pm-5:00pm

Eliminating sugar completely is like avoiding death and taxes. Learn more about sugars and sweeteners and how to maximize the "return" on your investment - your health.

Attend one or all three sessions

You decide!

\$17.00 per person per session

RESERVATIONS REQUIRED

FOR MORE INFORMATION CONTACT CARRIE AT 720-244-6645

Presented by *Clinically Integrated Nutrition*