

Here's an announcement from new HAA member, Linda McCue

--

## JOIN US FOR A TALK

(No Cost to Attend)

# “DEFINING SUPERIOR NUTRITION”

Presented by

**Candace Booth** ND, PhD, CNC, SHC

Nutritionist/Herbalist

[www.destinationhealthplus.com](http://www.destinationhealthplus.com)

**DATE:** Thursday night – January 15<sup>th</sup> - 7-8:30 PM

**LOCATION:** Abundance Wellness Center – 325 John Knox Road-  
Building T- Suite 1 – 850-545-3978

**WHAT YOU WILL LEARN:** (This discussion is based on the material in Candace’s newly released book, “*HOW MUCH FAT ARE YOU CARRYING? The Ultimate Fat Loss Guide For People Who Are Sick of Diets*”)

- *Why fat loss should be your focus and not just getting skinny!*
- Techniques for an all around healthy lifestyle
- Basics of Nutrition and a lean body eating strategy
- Why muscle mass and lean body mass are critical for health and looking great
- What drives METABOLISM
- How to set metabolism on fire, restore your physiology so it functions at an optimum level
- How to reverse Adult onset diabetes ... and much more!!!

We do need to know how many are attending, so please email or call Candace at: 352-735-2966 ([Candace@destinationhealthplus.com](mailto:Candace@destinationhealthplus.com)) or Linda McCue at: 545-3978 to confirm a seat. PLEASE!!!

THANK YOU!!!

Candace will have books for sale at a discount.

---