

FOOD F^{ORE} LIFE

COMPLIMENTARY NUTRITION WORKSHOPS
Another benefit of Saugahatchee Membership



WEDNESDAYS at 6:30 pm

FEBRUARY 8 & FEBRUARY 22

February 8th - Sugar Blues
Pinpoints the key reasons why we have cravings
and ways to naturally deal with them

Presented by Candace Schepperle
Nutrition Coach, Institute of Integrative Nutrition
LPGA Golf Professional, 2010 - Present
Two-Time All-American, Auburn University
2007 SEC Freshman of the Year, 2009 SEC Player of the Year



Saugahatchee Members are invited to attend
these *FREE* workshops that will target both fitness and nutrition.
Complimentary healthy light appetizers served - 19th Hole

RSVP Requested