



Suffering from the

Sugar Blues?

Are you constantly craving sweets and want to understand why?
Do you want to gain control without deprivation?

Please join

Beth Clayton, DT

Certified Holistic Health Coach
for a lecture on

Saturday, March 15, 2014

11:00-12:15 PM

Cost \$10

RSVP by March 10th

Location:

Metamorphosis

300 Cedar Hill Dr. McMurray, PA

Register at www.metamorphosiscenter.us or call 724-260-0797