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Real Foods Vs. Real Convenient Foods – **Which do you chose?** **Workshop Series:**

Offered by Joanna Chodorowska, nutrition coach

Are you healthier today than you were five years ago? If not, what happened? When those same people are asked if they would like to be healthier five years from now, everyone always says YES!! The question still remains; what's your plan of action to make sure you are healthier?

- ❖ Real Food vs. Real Convenient Food – which should you choose? And how to make time for making meals you need throughout the day

In this workshop we will review what are common issues with eating, scheduling, planning and how to utilize better foods in a hectic schedule. We will review:

- Ingredients: which ones should be included, and which ones should be avoided?
- How do I make the time to make meals and snacks?
- How to choose real foods even when it is not so convenient?
- Does what we eat really matter?
- Does what we eat affect how we feel? How we deal with stress? Does it affect our moods?
- How does real food stack up against processed foods?
- Is there a performance issue with the foods we eat? And this is not just athletic performance, but brain function, mental acuity, etc!

Please bring one of your favorite packaged food items as we will be reviewing food labels and ingredients. You may be surprised at what you see!

Where: 106 Pimlico Way, North Wales, PA 19454-4500
What dates: Saturday, March 6th
What time?: 1:00 - 2:30 PM
Cost? \$25 per person or (\$15 if bring a friend = \$15each for you and your friend)

RSVP: Please contact Joanna at 215-272-6774 or info@nutrition-in-motion.net . You will also find a PayPal link at www.nutrition-in-motion.net/events.html