**Workshop Offerings**

**10 Ways to Kill Your Sugar Cravings**

Did you know that the average American consumes between 150 to 170 pounds of refined sugars in one year?!? That’s close to half a pound of sugar every day! Yikes! Not so sweet, huh? Although sugar is all over the media these days, there is still lots of confusion about it. You won't want to miss this dynamic workshop where you will learn:

-What sugar is and its effect on your body

-How to deconstruct sugar cravings

-Why sugar addiction is real!

-How much sugar is in the foods and beverages we eat and drink

-Learn how to reduce or quit sugar
 It’s time to permanently change your relationship with sugar!

**10 Ways to Energize Your Life**

Do you need more energy throughout the day?  Do you often reach for caffeine or sugar to give you a needed boost of energy? Do you know what foods are best to eat to increase your energy?  This workshop will discuss the importance of eating to fuel your body with nutrient dense food to keep you energized as well as other lifestyle changes you can make to live life with more vitality.  This is especially important during the upcoming busy, and often stressful holiday season...and beyond.

**Healthy Kids, Happy Kids**

Feeding kids in today’s fast-paced, information-overloaded world is often confusing and fraught with frustration and stress…’Am I feeding my kids the right things?’ ‘Why is my child so darn picky these days?!?’ ‘How do I get him/her to eat better?’ ‘How can I add variety to my kid’s packed lunch...that he/she will actually eat?’ are just a few questions we, as parents, grapple with on a daily basis!

Join me for ‘Healthy Kids, Happy Kids’ to discuss these and other questions (and solutions!) related to raising lifelong healthy eaters whether your kids are 18 months or 18 years old!

Each workshop is 60-75 minutes long. All participants will receive recipes and practical tips and tools.  Light/homemade refreshments will be served.

Pricing: $300 each or $500 for two workshops