



BRENDA
BLOCK

|Certified Integrative Nutrition Health Coach|

EATING FOR ENERGY

OCTOBER 11 | 6 PM
WAUPUN LIBRARY
123 S FOREST ST.

registration suggested
920.324.7925

Explore what a life filled with energy and vitality looks like! Learn the impact various foods have on how we feel, along with easy changes you can make to bring about a quick, yet noticeable, natural and healthy boost of energy.