

Complementary Nutrition Workshop with Local Meal Tasting

Healthy Eating for the Holidays with Any Budget

Hosted by 2BWell Clinic and Instructed by Iris Briand, RDN

6:30-8:00 PM on Wednesday November 8th, 2017

Benefits of Lower-Starch and Refined Sugar-Free Eating

- Encourages a healthy metabolism
- Increases natural energy levels
- Promotes weight balance
- Enhances mental focus and mood
- Improves digestion
- Reduces inflammation

What our Workshop Includes

- Sampling of foods to boost your metabolism
- Organic and local ingredients
- Cost-effective ways to gain nutritional value
- Simple time-saving, PDF recipes
- Advice on adopting recipes for various food sensitivities and special diets



Iris Briand, RDN is a **Nutrition Counselor** at the **2BWell Clinics in Portland and Lake Oswego**. She provides nutrition counseling programs & workshops. Her goal is to guide others to make lasting dietary & lifestyle changes to optimize their health.



Location: 2BWell Clinic, 2 NW 3rd Ave, Portland, OR 97209

Please register by emailing the front desk: **office@2bwell.net**. For questions, feel free to contact Ms. Briand at 541.908.0632. **Doors Open at 6:30**. Program Starts at 6:45.

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