

UPCOMING CLASSES !



ESCAPING SUGAR'S GRIP

Saturday March 24, 2018 10am

REGISTRATION REQUIRED. \$10/person

Location: Marlene's Market-Deli—Federal Way

Call: 253-839-0933 **GET YOUR SEAT EARLY**



White refined sugar



Raw Honey

**FIND OUT HOW YOU CAN ENJOY
SWEETS AGAIN WITHOUT
HURTING YOUR HEALTH!
You can do it! we can help!**

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