



Chrysalis

CENTER FOR COUNSELING AND
EATING DISORDER TREATMENT

Back on Track

Bariatric Nutrition Support Group

*"Nutrition
isn't just about
eating, it's
about learning
to live."*

- PATRICIA COMPTON



This 4-week group is led by bariatric nutrition expert Chaundra Evans, RD, LDN, CEDRD-S

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Bariatric Nutrition Support Group

WARNING: Attending this series of classes may result in improved nutritional compliance & better health!



These 90 minute evening classes will be at Chrysalis Center the following days:

1/15/19: Back to Basics - What Should I Be Eating?

1/22/19: Mindful Eating - How Should I Be Eating?

1/29/19: Meal Planning, Shopping, Supplements

2/5/19: Exercise Goal Setting & Relapse Prevention

5:00 - 6:30 PM

Each class is \$40, or pay \$150 in advance

**Reserve your spot today, space is limited.
(910) 790-9500**

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www.chrysaliscenter-nc.com