



Women Empowering Women
Presents
Betsy Taylor



What's Happening to My Body?
Nutrition Tips to Survive Mid-Life

September 18, 2009

Friday, 10:00AM

Location: For Goodness Sake Meeting Room
10157 Donner Pass Road, Truckee

Are you a female, between the ages of 35-55+, wondering what has taken over your body? Come and learn about the ebb and flow of normal perimenopausal changes that affect your weight and well being. Be inspired to develop a strategy of healthy, wholesome eating. Creative solutions to the "What's for Dinner?" or "I have to cook, but I want to eat healthy" dilemmas.

Betsy has degrees in Nutrition Science and Clinical Dietetics, and has been a registered Dietitian for 29 years. She specializes in Nutrition Consultation in Weight Management, Cardiovascular Disease, Food Allergies & Intolerances, Celiac Disease, and Women's Health. She is a popular presenter at Tahoe Forest Hospital's Women's Wellness Weekend.

Seating is limited so reservations are highly suggested. Call Martha at 587-4429 or email happygoldens@sbcglobal.net to reserve a place. Donations suggested.

Women Empowering Women is dedicated to providing motivational speakers who address different aspects of achieving balance and harmony through the Mind, Body, and Spirit. For more information about our organization, email BobPatNash@aol.com.

