

# JULY 26: Oasis program: Metabolic Reset



**July 26, 2:00-3:00 p.m.**, join us to hear **Sonia Cervantes**, a Certified Health Coach, Nutritionist, & Therapeutic Chef, give us tips on how to give our

bodies a ***Metabolic Reset*** and turbocharge our engines. This class will be held in the San Carlos Branch Library's Winer Family Community Room & Art Gallery. Click [July Oasis, Metabolic Reset](#)

Learn how to supercharge your metabolism with SMART eating and how adopting positive lifestyle changes can improve your metabolic health. As we age, our metabolism slows down. However, there are some things we can do to improve it. During this class we will discover that we have some tools to improve our metabolism. Students will recognize five important things we can do to make our metabolism faster. Let your metabolism work for you!