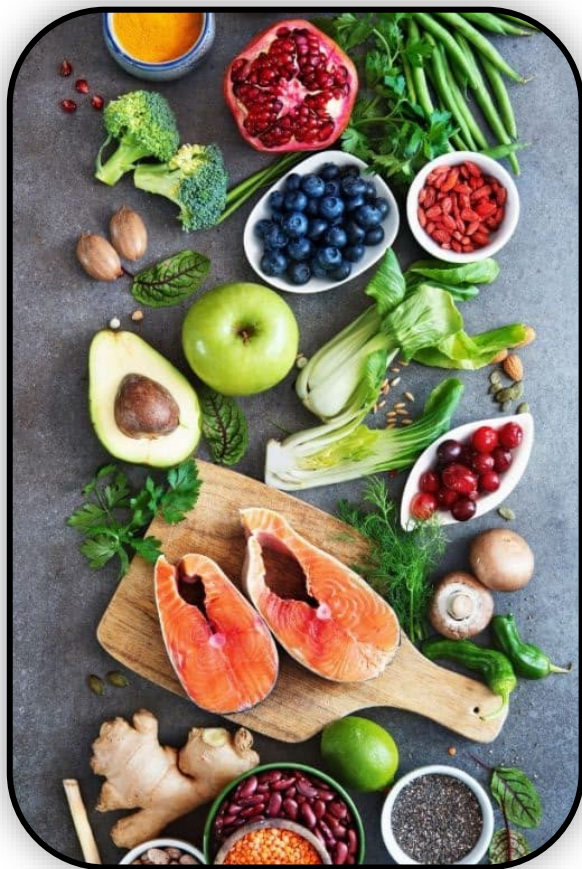




Metabolic Reset: Tips to Turbocharge your Body's Engine

Sonia Cervantes, Certified Health Coach, Nutritionist,
and Therapeutic Chef

Friday, July 26th • 2 - 3pm



Come learn about how you can supercharge your metabolism with SMART eating! As we age, our metabolism slows down. Sonia Cervantes, Certified Health Coach, Nutritionist, and Therapeutic Chef, will be teaching us about how adopting positive lifestyle changes, can help us improve our metabolic health.

Visit
sandiegooasis.org
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