|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | |  | | March  is green food month  ***Representing Nat’l Nutrition Month*** Navinursecoaching.com, LLC Together we will focus on more than clean eating. Your professional and certified life and wellness coach will spend 4 (hour) sessions helping you ***examine your food story*** and why it may not be working in your favor despite exercise. We will take a new approach to wellness that includes more than green food and fitness. It is about how you view food this month. | | Visit [www.navinursecoaching.com](http://www.navinursecoaching.com) to register | |  | |  | | --- | | Your **food story** is a key component in your overall wellness, but there is far more to consider than counting calories.FREE 30 minute phone consultationFREE kitchen and cabinet sweepFREE food journal when you hire your wellness coachPay Pal, check, credit cards | |  | | gO TO www.navinursecoaching.com   TO REGISTER  540-256-2589  You will work via phone with your wellness coach FOR 4 ONE HOUR SESSIONS | |