



OVERCOMING SUGAR CRAVINGS

Three Thursdays, April 2-16

7:30-8:30pm

South Orange Middle School

Fee: \$65

Register for Course 153 at
somadulthoodschool.org or 973.378.7620

In this 3 class series, we'll learn about the addictive and toxic nature of sugar and its effects on the body. We'll discuss the many reasons that we crave sweet foods and determine what imbalances are true for us. Together, we'll complete a 7 day guided sugar detox. Sample meal plan and handouts provided.

LAURA PEIFER, MSW, is a Holistic Health Coach and Certified by the American Academy of Drugless Practitioners. laurapeifer.com

