

Food Cravings: Why They Occur & How To Stop Them



Ryan Bowen, NTP
Nutritional Therapist

Thursday, June 19
6:00pm – 8:00pm
Hyatt Training Studio, 1622 NW 15th

Nutritional Therapist, Ryan Bowen, will be discussing how to avoid health and wellness sabotage through mindless eating. He will discuss strategies for returning balance to your body through nutrition — as the key to curbing cravings for sugar, refined carbohydrates and processed foods. This presentation will reveal what your body is really telling you through cravings by exploring specific deficiencies and nutritional imbalances, and their relationship to some of our favorite foods.

6 to 7pm: Lecture
7 to 8pm: Social hour and wine tasting

RSVP

Cost is \$15 for current Hyatt Training members,
\$20 for guests

To register for the event, please email:
Jeremy@HyattTraining.com

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