

Ready to take

# The Balance Challenge?

Are you stressed out? Feel like you don't have time to eat the right foods? Are you tired, anxious, irritable, feeling the winter blues, or just plain overwhelmed?

Take *The Balance Challenge* and learn how to

- increase energy
- lose weight
- reduce stress
- shop for healthy meals and snacks
- identify & control your trigger foods

## FREE INTRODUCTORY MEETING

February 26th, 7pm  
Participant Charlene Peters will discuss her experience with

*The Balance Challenge!*

This 8-week workshop will teach you all this & more, with Whole Foods product tastings and cooking demonstrations.

**Who:** The workshop is led by **Gloria Bakst**, of Balanced Nutritional Lifestyles ([www.mybnl.com](http://www.mybnl.com)) and *ZonePerfect Cooking Made Easy*. Stress-relief instruction by **Ellen Skryness**, a Stress Reduction workshop instructor. Plus exercise tips from Certified Personal Trainer **Patrice Cahill**.

**When:** Monday evenings, 7-9 p.m., February 26-April 30 (excludes April 2)

**Where:** Whole Foods Market conference room, 311 Paradise Road, Swampscott

**Cost:** \$200 per person

**Pre-Registration Required: 781-598-9313  
or email [gloria@mybnl.com](mailto:gloria@mybnl.com)**

