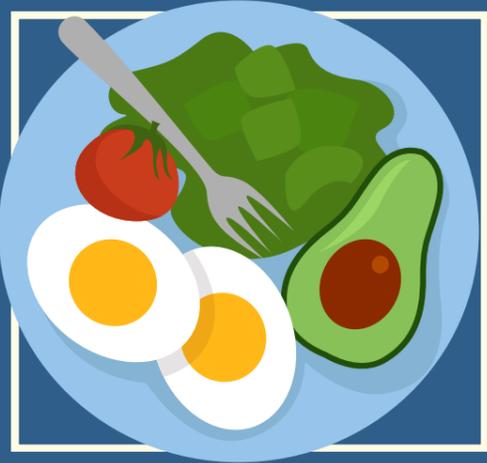


TRAILHEAD CLINICS WHERE CARE IS PRIMARY.

FULL PLATE LIVING

for Better Health



Full Plate Living helps people add more whole, unprocessed fiber foods to meals. It's a small step that can lead to big health outcomes. Learn how to be healthier by eating healthier.

Regina Baker will be hosting an in-person & virtual, Full Plate Living, facilitated group course. Five 1 hour classes starting January 6 @ 6 pm Trailhead Clinics Grand Junction & Virtually



LIVING HEALTHIER BY FILLING YOUR PLATE



The cost of the course

\$125

FREE w/ Corporate membership

Limited space available

To sign up, send email to admin@trailheadclinics.com or talk to Front Desk at any Trailhead Clinics

Start date January 6 6 pm

