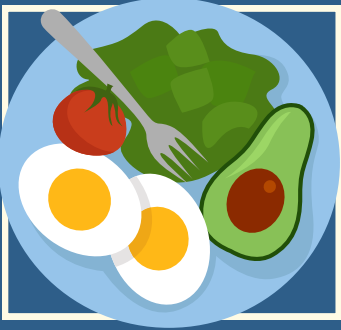


TRAILHEAD CLINICS WHERE CARE IS PRIMARY.

# 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 per session. Dates T.B.A. 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](mailto:admin@trailheadclinics.com) or talk to Front Desk at any Trailhead Clinics

