



Sugar & Stress Workshop

*with Allison Castle, Holistic Health Coach
at Castle Health & Wellness*

This workshop will include information on:

- Sugar cravings and what they mean
- The impact of sugar on the body
- Tips to reduce sugar intake
- Information on artificial sweeteners
- Natural sweetener alternatives
- A recipe and sample of a sweet treat



As a Certified Holistic Health Coach, Allison Castle has been trained by the Institute for Integrative Nutrition and the Health Coach Institute and certified by the International Association for Health

Coaches to help you change your habits and change your life! Her approach provides accountability and support. It considers you as an individual and how all areas of your life are connected.

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Thursday, August 17th, 6:00 – 8:00 PM

First Presbyterian Church

401 Iowa Avenue, Muscatine, IA

(Gathering Room 2nd Floor, Use 4th Street Entrance)

Registration is required.



For more details and to register, please call Gilda's Club at 563-326-7504 or email kelly@gildasclubqc.org.