



NourishMint Wellness Group Nutrition Program

NourishMint Wellness philosophy is simple, give the body what it needs and it will heal itself. Learn holistic therapies that promote healing from the inside out, allowing the body to cleanse and balance itself and thrive.

In this six week program you can expect to radically improve your health and happiness by correcting imbalances and chronic issues, incorporating new and exciting foods into your diet, and making positive lifestyle changes that are supportive to the way you really want to live in order to thrive.

The NourishMint Wellness Group Program Includes:

- Wellness binder filled with handouts, information and recipes so you can become your own nutritionist
- Food counseling, menu planning and integrating new, better food into your diet
- Setting goals, which we will work towards in six sessions
- Feeling supported in a group environment while building community
- Dealing with cravings, eliminating emotional eating and improving your relationship with food
- Learning possibly food sensitivities, how to test for them, and how to eliminate them
- Learning how to increase energy and better quality of sleep.
- Making healthy food choices at work and on-the-go (includes travel tips)
- Getting support from others and creating lasting balance in your life
- Comfort in shopping and cooking with tips on how to make living healthier fit into your lifestyle
- Digestive wellness: Candida testing and clearing, if necessary
- Easy, at home pH and thyroid testing
- In-depth guidance of nutritional supplementation

Dates: September 10th, 17th, 24th
October 8th, 15th, 22nd

Time: 7:30-9:00pm

Location: Nourish Yoga. 206 South Main, Moscow

Investment: \$195

\$50 deposit required upon sign up.

Early bird discount \$15 before 8/30

Sign up at Nourish Yoga: www.nourishyoga.net



Emily Potter is a clinical nutritionist, holistic health counselor and founder of NourishMint Wellness. She uses a holistic approach in supporting people to live vibrant and healthy lives through nutrition, yoga, psychology and lifestyle to support overall balance within the body. Emily recently moved from San Diego where she practiced nutrition and holistic wellness and taught yoga for 4 years. Emily holds a B.S in Psychology and is accredited by the American Association of Drugless Practitioners.