



Nutrition + Wellness Group Program

With Emily Potter, Clinical Nutritionist

“The NourishMint Wellness philosophy is simple, give the body what it needs and it will heal itself.”

In this five 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
- Food counseling and menu planning
- Wellness goal setting for 5 weeks
- Combat sugar cravings, and improve your relationship with food
- Discover food sensitivities and how to test for them.
- Increase energy and better quality of sleep.
- Healthy food choices at work and on-the-go
- Support from others and creating lasting balance in your life
- Digestive wellness: Candida testing and clearing, if necessary
- Easy, at home pH and thyroid testing
- In-depth guidance of nutritional supplements

Dates: Tuesday Nights: March 31st,
April 7th, 14th, 21st, 28th

Time: 6:00-7:30pm

Location: Wellness Bar CDA
312 North 4th Street, Coeur d Alene, ID

Investment: \$195

Sign up: www.nourishmintwellness.com/store
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Emily Potter, Clinical Nutritionist and Holistic Health Counselor specializes in supporting others to live healthy and vibrant lives through nutrition and lifestyle to create optimal balance and life long change.

NourishMint
WELLNESS