



the well·ness room
yoga • meditation • healing



Nutrition + Wellness Group Program

Join Emily Potter, Clinical Nutritionist in this 5 week program.

How would it be to wake up feeling energized, balanced and well EVERY DAY?

Are you curious about nutrition and what you should actually be eating to fuel your body?

- Increase Energy
- Loose Weight
- Balance Blood Sugar
- Eliminate Brain Fog
- Improve Digestion

You deserve to feel good every day.

The NourishMint Wellness Group Program Includes:

- Wellness binder filled with handouts, information and recipes
- Food counseling and menu planning
- 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.
- Supportive group environment with like minded people.
- Digestive wellness: Candida testing and clearing, if necessary
- Easy, at home pH and thyroid testing
- In-depth guidance of nutritional supplements

Dates: Wednesday Nights- Oct 14, 21, 28, Nov 4, 11

Time: 5:30-7pm

Location: Wellness Bar 312 4th st. CDA

Investment: \$149 (\$295 value)

Email Contact: emily@nourishmintwellness.com

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Emily Potter, Clinical Nutritionist and Holistic Health Counselor and yoga teacher specializes in supporting others to live healthy and vibrant lives through nutrition and lifestyle to create optimal balance and life long change.

“Emily’s program was one of the biggest learning experiences of my life. I now feel I have the tools to be my best self, and I have been able to get my entire family excited about healthy living.”

Sierra, Boise ID

