

SUMMER HEALTHY EATING

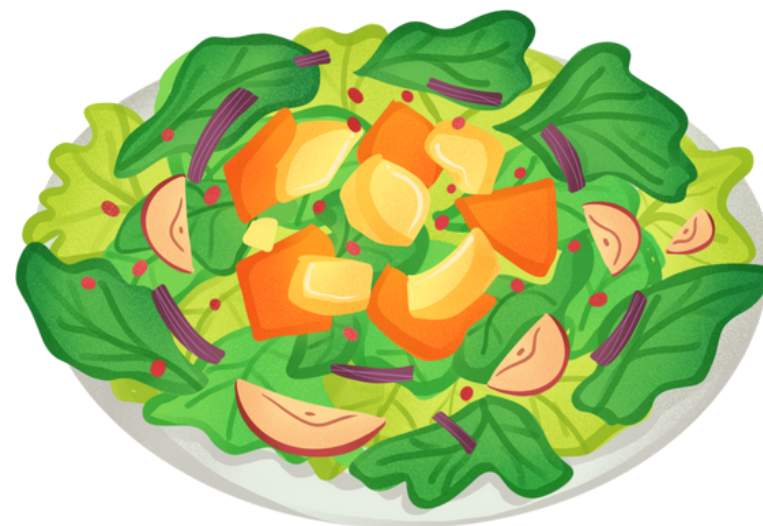
with



JILL VROMAN
— FITNESS & WELLNESS

for healthy life

**Tuesday, July 19th
7:00 PM to 8:00 PM
on Zoom**



Join us for this free and restorative online workshop! Eat what is in season and your body will thank you! Have a laugh with Jill and Todd Vroman and cook seasonal foods that will help with digestion, improve your gut biome and have fun. Foodie questions, ask Todd. Health questions, Jill's your girl. Summer is a great time for renewal and change, especially with your nutritional habits.

Please register:

<https://bit.ly/2022vroman1>

