



# Nutrition for Weight Loss & Inflammation

with Tracey Jones & Toni Kuhn

Saturday May 5, 2018

1pm- 3pm

- **Where: Total Woman Gym, Valencia**
- **Cost: \$20.00**
- **Bring a friend that is not a member and each of you pay only \$15.00!**
- **To sign up and pay please contact Toni Kuhn at [toni4yoga@gmail.com](mailto:toni4yoga@gmail.com) or (661) 993-3890**

Join us for a discussion on how to manage your weight with the right food. Whether you need to lose weight or gain weight, we will have the answers for you. Additionally, you will learn about certain foods that are known to cause inflammation which can lead to weight gain.