

Don't Fall Behind:

Easy ways to keep your diet on track *before* the holidays

**Sample Food Tasting!
Prizes!**

Fun Learning Experience!

- Learn how to focus on ways to eat healthier during the holidays and all year round
- Discover common triggers that can cause extra consumption of calories

Andrea Aversano, Dietitian/Nutritionist of Diet by Andrea will be providing this fun, interactive seminar.

Save the date!

Date: Saturday, November 13th

Time: 12pm-1:30pm

Cost: \$5.00 per person

Location: 174 Ashford Avenue, Dobbs Ferry,

Call 914-623-2726 or email andrea@dietbyandrea.com

for more information

Registration is requested

Diet
by Andrea
Because it's Time!