

Eating for Your Body Type

Free Class

Facilitated by:

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Tacoma, WA 98405

(253) 272-4013

Tuesday

June 6, 2006

5:45 P.M. — 6:45 P.M.

Location: MultiCare Campus

Call for specific location (253) 272-4013

- What foods are best for you?
- Learn the when, where, why and how of eating.
- Understanding how awareness can stop craving.

Visit our web sites at
email us at

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