



  
savory living

*Eat Right  
This Spring!*

Turn healthy eating into a  
lifestyle that you love!

Click [HERE](#) and scroll to the bottom of the page for link to watch the webinar and learn about the Savory Living "food as medicine" healthy eating & cooking lifestyle change program!

## **SPRING into a healthier YOU - two easy ways to eat and feel GREAT!**

MMHG Wellness is proud to partner with Savory Living to provide TWO ways for you to get your eating working better for you this SPRING!

1. **Webinar: Spring into a HEALTHIER YOU!** Join Sue Levy, the founder of Savory Living, as she shares fun & easy tips to eat to shed winter and take control of your health and how you feel this Spring! You'll learn easy ways to activate healthy eating to get to your ideal weight, reduce inflammation, gain energy, improve moods and sleep, and manage conditions like Diabetes & high blood pressure.
2. **NO risk, FREE Trial of the Savory Living Healthy Eating & Cooking Lifestyle Program.** Experience Session 1 and learn some easy shifts you can make to activate healthy eating, and spend two weeks trying things out and getting one-on-one support from your coach.

**The FIRST 10 who sign up and complete Session 1 will get the program paid for by MMHG!**

Savory Living is an online healthy eating & cooking lifestyle program that guides you step-by-step to get your eating working better for YOU! In 12 fun sessions you'll learn how to eat to reduce inflammation and improve your health & how you feel (moods, energy, weight loss, headaches, digestive issues, joint pain, food sensitivities, high cholesterol, high blood pressure, diabetes etc.). And you'll master the time-saving eating, cooking & flavoring skills to turn healthy eating into a lifestyle you love! It's a nutrition class + healthy cooking class + private coach that runs online, on your schedule.