



# Your Health Potential

Health, Nutrition & Vital Living Coaching

## Beat the Sugar Blues!

Once you eat a little sugar is it hard to stop?

Does every day start with something sweet?

Did you know that by kicking the sugar habit you can increase your energy, health, concentration, and good moods?



“Beat The Sugar Blues” with Sheryl Worthington Turgeon Wednesday, February 2<sup>nd</sup> at the Country Club of New Bedford at the ABWA dinner/meeting. For reservations or information call Lisa Lebreux 508-989-9235.

*Sheryl Worthington Turgeon, MPH, CHC, CMMS, is a certified health, nutrition and vital living coach, who helps women come alive by eating whole fresh foods, celebrating their spirits and achieving their dreams. Her background includes a Masters in Public Health from Boston University, with a concentration in Behavioral Change; Certification from the Institute for Integrative Nutrition; and Certification in Business Coaching.*

Areas of specialty include: Sugar Sensitivity, Weight Loss, Whole Food/Organic Transitions, Relief of Chronic Symptoms from PMS to Menopause, Food Sensitivity Testing and Analysis, Mid-Life Quests and Nutritional Testing/Analysis. You can learn more on her website: [www.yourhealthpotential.com](http://www.yourhealthpotential.com).

Call 508-689-4633 for consultation and start your new life today!