



# FOOD FOR FERTILITY

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**April 3, 10, 17, 24, 2021    3-4:30 PM**

Join Us Virtually From Your Home Kitchen

**Nourish your body to best support fertility.** Begin with an individualized nutrition consultation (virtual), taste and learn how to prepare foods that optimize fertility, and cultivate your support system with weekly cooking, education, coaching, and peer support.

**Register:**

Contact [judy@mind-body-nutrition.com](mailto:judy@mind-body-nutrition.com) or 425-260-8783 to reserve your spot in the class and schedule your consultation.

**Fees:** \$195 individual consultation  
\$240 4 class series

[www.mind-body-nutrition.com](http://www.mind-body-nutrition.com)