

**Steamboat Springs Family Medicine**

**501 Anglers Drive, Suite 201** [**www.steamboatfamilydoc.com**](http://www.steamboatfamilydoc.com)

**BACK TO BASICS**

*A simple clean and whole approach to nutrition & lifestyle*

**MONDAY, SEPTEMBER 25**

**5:00 PM**

**At Steamboat Springs Family Medicine**

Jen simplifies the road to health and wellness by taking you back to the basics:

**Breath \* Water \* Sleep \* Movement \* Nutrition \* Love**

Health is a continuous process that embraces all aspects of life. Learn how to uncover what is holding you back and embrace exactly what is needed in your life.

**RSVP: (970) 871-1323**



**JOIN US for a special presentation featuring Steamboat Springs Family Medicine holistic nutrition coach:**

JEN MEISTER



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