



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

JEN MEISTER



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