

Juice PLUS⁺ PREVENTION Plus+



Phyto Power for Great Health

WENDY HOWARD, R.D., L.D. is a registered and licensed dietitian and a National Marketing Director with Juice Plus+®. She has her own private consulting business, and her areas of expertise include weight management, cholesterol counseling, sports nutrition, pediatric nutrition, wellness and prevention, and optimal supplementation. She has made several television appearances, radio interviews, and given many educational lectures throughout her career.

She is also the author of *1-2-3 Quick and Healthy Cooking* which she wrote with her daughter, Brittany, who is a senior in nutrition at Texas A & M University. This is a helpful tool for college students, singles, busy families on-the-go, newlyweds and senior citizens to help in stocking the pantry, fridge and freezer and in preparing quick and healthy meals.

Wendy is married and has four daughters: Brittany (21), Jessica (20), Lanie (17), and Brooke (14). She also has her own calligraphy business. She and her husband Steve are members of Dallas Bible Church.

Wednesday, September 26, 7:00pm
Junior League, 2099 E. River Rd,
(parking behind building)

RSVP:

Lisa Brunner

nutritionwithlisa@dakotacom.net

