

CENTER FOR YOGA workshop series presents

# ABC'S OF NUTRITION

brought to you by

CFY and Dawn Danhausen from Whole Foods



Saturday, April 24th  
2:00pm – 4:00pm  
Center For Yoga - Birmingham

Join CFY for a special Yoga Workshop session with Dawn Danhausen from Whole Foods. We will be taking a closer look at real life nutrition and how to be healthier in our everyday choices. Dawn will share with us the new ANDI score system at Whole Foods Market that labels and scores products they carry so you can make informed decisions about your nutrition.

This informal discussion will end with a product sampling of foods that rate highest on the ANDI score. HURRY spots are filling fast! To learn more visit [www.centerforyoga.com](http://www.centerforyoga.com).

**SPACE IS LIMITED! REGISTER TODAY!**

CENTER FOR YOGA  
BIRMINGHAM – 248-258-YOGA (9642)

Please visit [www.centerforyoga.com](http://www.centerforyoga.com) 24-hours prior to event for any change announcements.

ABC's Of Nutrition – Saturday April 24th, 2010

Class Cost: \$20\*\* / \$25 \*\*for registration received by APRIL 13TH, 2010  
NO CANCELLATIONS OR REFUNDS AFTER APRIL 13TH, 2010

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