



**TONIGHT!!!! - It's NOT too late!!!**  
Wednesday, Nov 11th - **7:45-8:45pm**  
FREE Health/Nutrition Webinar

**LINK FOR TONIGHTS WEBINAR:**

<https://heidi.clickwebinar.com/master-the-nutrition-label-in-5-easy-steps>

**TO SIGN UP - SEE THE LINK BELOW - Name & Email - that's it!**

Has grocery shopping become annoying or overwhelming?

Are you interested in eating healthier?

Looking to make healthy choices for your family?

Confused by labels?

Interested in losing weight?

Have a health condition you're looking to change with nutrition?

Join me for a FREE 1 hour webinar that will **Demystify - The Nutrition Facts Label!** Learn in 5 easy steps how to make **grocery shopping AND eating healthy** a cinch! How much **salt** is too much? What's the right amount of **fat**? How much **fiber** do you need? **Carbs? Protein?** - **5 Easy Steps** - to becoming an educated shopper!

You'll also learn what to avoid when buying packaged food and how labels often trick consumers into thinking you're buying a healthy option.

AND you'll have the opportunity to ask questions, walk away an empowered consumer, and a master at the art of label reading - Don't be fooled any longer! Join Me .....

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Sign up by clicking the link below:

<https://www.eventbrite.com/e/free-webinar-master-the-nutrition-label-in-5-easy-steps-tickets-19321542253>

***You'll be amazed at what you learn!***



**Licensed Nutritionist, Herbalist,  
Yoga/Fitness Expert, Martial Artist,  
and Psychologist**

Heidi is the owner and founder of Synergy Health and Wellness. A company dedicated to changing lives and helping people find natural alternatives to look and feel great! Consultations and Seminars focus on therapeutic nutrition, botanical medicine, fitness, and lifestyle coaching. Heidi believes that people are not their conditions or illness and EVERYONE can redefine their future by living a vibrant and healthy life today.

Learn more: [www.heidilyndaker.com](http://www.heidilyndaker.com)

