



BUSY SCHEDULE? MAKE FOOD EASIER.

Free webinar • October 21 at 12 PM

Get practical ideas for busy lives and learn about the full Savory Living program.

Attend live or watch the recording • Win a \$50 gift card

Save Your Webinar Spot



Healthy eating shouldn't feel like another job.

Join Sue Levy, founder of Savory Living, in this free webinar and learn practical ways to make food easier, healthier, and more delicious when life is busy. You'll walk away with ideas you can actually use, whether you're cooking at home, grabbing something on the go, feeding your family, or just trying to make eating well feel less complicated.

Save your webinar spot:

<https://us02web.zoom.us/meeting/register/XrSuSqtT7CTOmtS18oDTQ>

Looking for more support with healthy eating? Savory Living is an online healthy eating & cooking lifestyle program that guides you step-by-step to get your eating working better for YOU! In 12 fun sessions you'll learn how to eat to reduce inflammation and improve your health & how you feel (moods, energy, weight loss, headaches, digestive issues, joint pain, food sensitivities, high cholesterol, high blood pressure, diabetes etc.). And you'll master the time-saving eating, cooking & flavoring skills to turn healthy eating into a lifestyle you love! It's a nutrition class + healthy cooking class + private coach that runs online, on your schedule. The

Special fall offer: The first 25 MMHG members who sign up for the Savory Living program and complete Session 1 will have the full program covered by MMHG.

Learn more and try Session 1: www.savoryliving.com/mmhg



The Savory Living - Eat Right For You Program

12 Sessions. Self-paced. Online. On-demand . FREE for MMHG Members