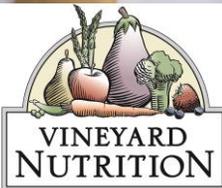


SAY NO TO FAD DIETS

**Join Mansion House Inn &  
Vineyard Nutrition  
on January 12<sup>th</sup> at 2pm**

**“Debunking the Myth of the Fad Diet:  
Healthy Eating Habits to Last a Lifetime.”**

This workshop is FREE for Health Club members & \$18 for non-members.  
Space is limited; please sign up at the Front Desk of Mansion House.



Josh Levy, MS, RDN, LDN earned his Master's degree in Human Nutrition from Colorado State University in 2003 and completed his dietetic internships with the University of Northern Colorado in 2004. Since then, Josh has dedicated his career to helping people reach their health and weight loss goals. He is passionate about helping people reestablish a positive relationship with food.

