

Nourish Your Health:
Integrative Nutrition Solutions
Upcoming Nutrition Class



**Beyond Low Fat:
Nutrition Strategies for Optimal Heart Health**

Did you know that heart disease is the leading cause of death in the United States for both men and women???? And that most heart disease is preventable and even reversible with diet and lifestyle changes???

Join Dionne Detraz, RD to learn how to integrate these strategies into your current lifestyle and start reaping the benefits now.

Saturday, February 26th
1:00 pm – 2:30 pm

At the Rafael Racquet and Swim Club
95 Racquet Club Drive, San Rafael

\$20.00 per person / \$15.00 for RRC Members

This class will include a discussion, opportunity to apply what you have learned plus plenty of time for questions. Participants will receive helpful handouts plus warm herbal tea to enjoy during the class.

Register today by emailing dionne@nourishyourhealth.net
There must be at least 5 participants for the class to be held



Dionne Detraz, RD, CNC is a Registered Dietitian and Certified Nutrition Consultant. Her training uniquely includes degrees in traditional dietetics and medical nutrition therapy as well as certifications in holistic nutrition and traditional western herbal therapies. Dionne has a special interest in integrating evidence-based complementary nutrition strategies with medical-based nutrition therapy. Dionne works for Kaiser Permanente as an Outpatient Dietitian in addition to her private practice, Nourish Your Health.