



***Gas, Bloating, Headaches, Skin Rash, Foggy Brain, Weight Gain, Heart Burn, Fatigue, Restlessness? Want Answers?***

**Guided Elimination Diet:  
Discover *Your* Healthy Foods**

Location: Len Colla Recreation Center  
1105 E. Fourth Street

City of Casa Grande Parks and Recreation  
September 10<sup>th</sup>-October 22<sup>nd</sup>, Thursdays 6:30-7:30 pm  
November 3<sup>rd</sup>-December 15<sup>th</sup>, Tuesdays 6:30-7:30 pm



- Support and Guidance
- Sample Menu Plans
- Food Selection and Preparation Demonstrations



- Design Your Own Custom Diet for Optimal Health
- Learn Which Foods Support the Body's Systems

**\$50.00 for 7-week class**

**For Registration Information: 520-421-8677 or [www.casagrandeaz.gov](http://www.casagrandeaz.gov)**