



Sugar Crash

Avoiding the Bittersweet Side of Sugar

MAXLIVING WORKSHOP

Tuesday, November 27th 2018
6:00 PM

At TSHA, 8740 E. 11th Street
Tulsa, OK 74112

Health issues related to blood sugar imbalances are on the rise. The CDC estimates over 100 million people in North America have health issues related to blood sugar imbalances and over 80% of them don't even know it. Controlling blood sugar levels is critical for disease prevention, weight management, and feeling balanced.

AT THE SUGAR CRASH WORKSHOP YOU WILL LEARN:

- How to identify hidden sugars in food.
- Food choices to help you balance your blood sugar, prevent disease, manage your weight, strengthen immunity, and decelerate aging.
- Easy lifestyle strategies for enjoying social events while reducing your sugar intake.



Dr. Quinn Will

Will Family Chiropractic
1826 E. 15th St. Suite D
1-918-340-0000
Willfamilychiro.com
willfamilychiropractic@gmail.com

We love and are honored to get to do what we do. We get to experience life changes with our patients every single day!