

YOU'RE INVITED TO

# Nourish to Flourish: Eating for Your Health

A Women's Health Event  
*Join us for networking and a lunch & learn*

Join us for transformative women's health networking and lunch & learn event, **Nourish to Flourish: Eating for Your Health**. The event is designed to empower women to take proactive steps in caring for their health through the power of nutrition and wellness.

11:00 am -  
12:30 pm

30 October,  
2024

at the Middlebury Chamber of Commerce  
in collaboration with Liana Wellness and Baked by Vi



*RSVP Required*

Space is limited to the first 20 sign-ups!

[Click here to RSVP](#) or use the code:



*We look forward to seeing you there!*