



THE HEALTHY APPROACH TO BUSINESS
Healdsburg Nutrition provides Wellness and Nutrition training that creates healthier, happier employees and an improved bottom line.

Topics Include:

- Eating for Health™
- Eating the Rainbow – a guide to healthy carbohydrates
- Coping with Stress through Nutrition
- Easy Menus and Recipes for the Busy Work Week
- The Truth about Fats
- Clean Lean Proteins
- Inflammation

**SPREADING THE WORD
ON NUTRITION AND LIFESTYLE**

We offer Group Education talks on:

- Eating for Health™
- Insomnia
- Depression
- Cardiovascular Disease
- Weight Management for Life
- Diabetes
- Longevity and Wellness
- Healthy Eating on a Budget

Clients include:

Varena Senior Living, Amy's Kitchen,
Airport Health Club, Jackson Family Wines,
Community Childcare Council
of Sonoma County (4Cs)

Please call 707-236-2030
or email Jenny@HealdsburgNutrition.com

ABOUT HOLISTIC NUTRITION CONSULTANT JENNY HELMAN

Jenny decided to become a Nutrition Consultant after she eliminated her own chronic pain with nutrition and lifestyle changes. She left a successful 25-year career in the Wine Industry in order help people achieve maximum health through healthy eating and adopting a balanced lifestyle.

Her dream is now being fulfilled, thanks to her recent graduation – with honors – from Bauman College as a Holistic Nutrition Consultant.

WHAT CLIENTS ARE SAYING ABOUT JENNY...

“Your class is all the buzz this week; everyone is loving it.”

– Pamela S., Amy’s Kitchen

“Many thanks for the wonderful lecture today. Thank you for being so willing to work with our crowd here. It’s a tremendous value for them and we appreciate your time.”

– Jenny L., Varenna at Fountaingrove

For more information please call 707-236-2030
or email [**Jenny@HealdsburgNutrition.com**](mailto:Jenny@HealdsburgNutrition.com)



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