



**Invest in your  
health today!**

## **@ Robson Ranch**

by Anna Love PhD, RDN, LD, MCHES, CIC



**Tuesdays 1-2 pm Oct. 3 to Nov. 28**

**(with no meeting on Oct. 17)**

**Registration Deadline 5 pm on Sept. 29**

**Private residence, open to Robson Ranch Residents Only**

# Love to Live Well

**Eat better, move more, stress**

## Pricing:

**\$199 Robson Ranch Discount**



**For <\$25/class vs \$30/class you might pay for Emeritus College**

**Learn how to better manage & prevent:**

- Diabetes
- Hypertension
- Cardiovascular disease

**Program includes:**

- Workbook
- Healthy snack recipes & samples
- Tools & skills to reduce blood pressure, blood sugar, & blood lipids (fats)

Register at [www.lovetolivewell.com](http://www.lovetolivewell.com)

see **Take a Class** tab

Or call: 877-978-9355

Or email: [anna@lovetolivewell.com](mailto:anna@lovetolivewell.com)

**We bring personal & professional attention TO YOU!**

