



Eating for *Energy*

What would your life be like with an abundance of energy and vitality?
What foods are best to eat to increase your energy?

Please join

Cortney Budney

Holistic Health Coach

for a free class on

Saturday, January 28

1:30-3:00p.m.

Unity in Frederick, A Spiritual Community

1 West 9th Street

Frederick, MD 21701

**To RSVP Please contact Cortney
Budney at 301-639-3087 or
WholeMindedWellness@gmail.com.**