

Lynne, June 2022



Lynne Roy

2 June 2022



We invited Katie to come along and give us a talk on nutrition to our ladies Probus Club. Katie not only explained the facts about nutrition but also explained how our metabolism works and doesn't work if we do not eat the right food

As some of our ladies are type 2 diabetics they were thrilled with the information Katie shared

We can not thanking Katie enough for taking the time to explain so much to us in an interesting and comprehensive way

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