

GOLDMAN SPORTS & WELLNESS COMPLEX



Why Most Diets Fail?

Joint program with Sequoia Hadassah

Did you know that after 19 days (on average) of being on a strict diet we will start reaching for fatty foods, alcohol and chocolates? Why is that? How does that affect our health? And why do diets fail? In this workshop, you will gain safe and successful weight loss tips that will promote your desired goals.

Chen Ben Asher is a Board Certified Holistic Nutrition[®] Consultant, M.A, CGP, FLT. Chen specializes in Women's Health, Metabolic Syndromes, Diabetic, Hormonal Imbalances and Weight Management. She is a public speaker, educator, clinician, author and creator of "What if Gluten-Free is Not Enough—The Weight Loss Connection", "Best Foods to Eat After Surgery", "How To Reduce High Uric Acid", "Candida—Functional Nutritional Approach", "Step-by-Step—How to Take Control of Candida" and more.

Tuesday, 01/23 at 6:30 PM

Room E104

\$25 Center Members

\$40 General Public

Free for life members of Hadassah

For more information or to register contact Silvia Segerstrale at ssegerstrale@palaltojcc.org

HADASSAH



Hadassah, the Women's Zionist Organization of America is an American Jewish volunteer women's organization. Founded in 1912 by Henrietta Szold, it is one of the largest international Jewish organizations, with 330,000 members in the United States. In the US, the organization advocates on behalf of women's rights, religious autonomy and US-Israel diplomacy. In Israel, Hadassah supports health education and research, women's initiatives, schools and programs for underprivileged youth.



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