



General Meeting

featuring

Guest Speaker



Program: Diet Myths Busted!

Decoding truth and lies about diet practices

Presented by: Denise Hernandez, MS, RD, LD

Registered Dietician - The Houstonian

Carbs and sugars and fats, oh my!

Start the new year off right with expert advice on how to get and stay healthy!

New Year, NEW fabulous YOU!

Tuesday, January 21, 2020

10:00 a.m.

The Belfiore, 1275 South Post Oak Lane

Reception Room



This is a members only event. For membership information, please visit

www.tanglewoodgardenclub.com