



Kaizen Living
w/ Nan Kitaura

The Kaizen Living Module on
Options for a Healthier Life Style
Thursday February 18th at 7:30pm
Come join us as we seek out own path
towards wellness
Meeting ID: 878 4536 1394
Passcode: 123



Nan Kitaura is a National Board Certified Health and Wellness Coach and has been studying nutrition since 2004 after her dad died from complications of diabetes. Since then Nan has had a passion to help other adults find their balance and energy to live an optimal, Rx free, vital life by taking on the idea of Kaizen (creating ongoing positive improvements) for better health. "It's all about progress not perfection."