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EMPOWERMENT



Starstyle®-Be the Star You Are!®
Wednesday at 4 PM Pacific
February 13th 2019: Joy of Eating, Calling Cupid

If you have dieted forever and yet keep losing then regaining weight, maybe it is time to look at food as your best friend. Start enjoying what you eat and stop depriving yourself. Intuitive eating is not a new fad, but it is a way of bringing more joy into your life while being in charge of the body you were born with. Cupid shoots his bow on February 14th as we celebrate the day of love. Who was Cupid and why do we associate him with love? Find out Valentine trivia and interesting lore when Heather Brittany and Cynthia Brian raise a toast or two for Valentine's Day. Who is your special a

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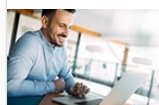


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