

TAMPA COUNSELING PLACE
IS BRINGING YOU...

Nutrition for *Exhaustion*

TOOLS FOR BETTER SLEEP, LESS
STRESS & SUSTAINED ENERGY

A practical, nutrition-focused course
designed to help you understand
what's behind your exhaustion and
how to feel your best every day.

IN THIS COURSE, YOU WILL:



Understand how sleep,
stress, and nutrition impact
your energy



Learn how to fuel your
body and avoid daily
energy crashes



Build simple, sustainable
habits that support your
mind and body



Learn simple meal
planning strategies that
fit your busy life

**TEXT "NUTRITION"
TO (813) 331-5646
TO REGISTER**



LED BY:

Jessica Tucker

Certified Nutrition Specialist &
Certified Personal Trainer



JUNE 6TH @ 10 AM



60-90 MINS | VIRTUAL



\$35/PERSON