



## ALASKA CENTER FOR ACUPUNCTURE

*Presents:*

### **Eating for Energy**

**Taught by Mary Sara Stanton, HHC, CCE**

**Workshop Title: Eating for Energy**

**Date: Wednesday, 6 March 2013**

**Time: 7pm-8pm**

**Cost: FREE**

**Location: Alaska Center for Acupuncture**

America is an “On The Go” culture! Fast food, fast paced, and over booked. We are truly burning the candle at both ends. Energy is the driving need for this type of life yet this lifestyle is harmful to our living. Quick energy is often accessed through caffeine and sugar, but this does not provide sustained energy nor does it provide the deep nourishment your body needs. Vitality of energy is the key to a healthier and more balanced living. Eating for Energy looks at the place of Food, both primary and secondary, to enable you to assess, adjust, and move forward to a more satisfying and stable life.

**In this presentation you will learn:**

- What is Vitality of Energy
- What are primary and secondary foods for Vital Energy
- How to decrease the negative sources of energy
- How to increase the positive sources of energy

Please pre-register by calling **Alaska Center for Acupuncture at 745-8688**. Space is limited, so call early!

**About the Presenter:** Mary Sara Stanton, HHC, CCE, is a Holistic Health Coach, Certified Childbirth Educator and mother of six. As a Holistic Health Coach, Mary Sara provides the information and support necessary for successful nutrition and lifestyle improvements. Her interest in health and nutrition has been a lifelong pursuit. Starting a pre-nursing degree in college, Mary Sara changed course with the birth of her first child towards natural birth and the health of mother and baby. Seeing a need for a more general approach to health and well being Mary Sara enrolled in the Institute for Integrative Nutrition program to be able to reach a broader audience.

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