



PREMIER
HEALTH + WELLNESS
CONSULTING LLC

MONTHLY PLANT BASED DINNERS

Every 4th Tuesday 6:30-8:15 pm



SALAD-IN-A-JAR PARTIES

Every 2nd Sundays 4-5:30 pm

Monthly Family and Friends Introductory Session with Meal - Enjoy delicious food and participate in an interactive discussion led by Beverly Grandison about diet, lifestyle and healthcare. You'll become informed about the latest and best scientific information on health that will allow you to make the most informed decisions for you and your family. It's free, and you can bring friends, but you must make a reservation. Seating is limited.

Salad-in-a-jar is all about meal prepping for the week. Come out and have fun, learn about healthier alternatives for a better quality of life. Bring at least two salad toppings (already washed and cut up) and enough to share with the group. Salad and dressing is provided. Connect on FB or call to RSVP.

Call to schedule a Healthy Living Party or Healthy Ice Cream Party



"LET FOOD BE
THY MEDICINE
AND
MEDICINE BE
THY FOOD"

#FOODCRATS

BEVERLY & JOHNNY GRANDISON

MPC, CERTIFIED HEALTH COACHES

757-966-6125 / 912-656-9606

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