

**Thursday, August 13th**

**7:30-9:00pm**

**Carry Out Cafe**

presents

**The Secrets of Healthy Dieting Revealed  
and book signing**

**Meet & hear from Alice Greene**



Alice Greene

America's Healthy Lifestyle Coach  
Intuitive & Balanced Eating expert  
Past Newburyport Current columnist

**Alice will talk about a whole new way to:**  
Easily achieve portion control &  
Make satisfying healthy choices without  
feeling deprived so it is easy to maintain.  
**Her latest book is Inspired to Feel Good**  
Proceeds to Jeanne Geiger Crisis Center

**Enjoy Tastings from the Cafe's Healthy Home Style menu**

Cafe cook Elizabeth Brugger will dish up some healthy creative cuisine and offer tips on how to quickly and easily prepare tasty healthy foods at home.

