



# Anti-inflammatory Cooking on a Budget

with Stephanie Machacek in person!

**Wednesday, May 17, 2023**  
**10:00am - 11:00am**

Stephanie Machacek is a board-certified Clinical Nutritionist and doctoral candidate in the field of clinical nutrition. She runs her own private virtual nutrition practice where she focuses on finding the root cause of symptoms and illness and teaches people that what they eat (or don't eat) has a major impact on how they feel. She also addresses the food patterns and habits that can keep you stuck and gives you realistic ways to align them with your goals. Join us as we learn all about it!



**1855 E. Main St., Ste 21A**  
**Spartanburg, South Carolina**  
**29307**

Call **864-678-0183**  
to reserve your spot

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