

Judes Sharman Draughton

Friday, January 13, 2023 at 11:00 AM
8200 E. Oak Island Drive, Oak Island

About the Author

Nationally recognized nutrition expert Judes Scharman Draughton, MS, RDN, LDN, is the author of *12 Fixes to Healthy*. Judes inspires with her high-energy wellness presentations and 12-Fix Group Challenge Programs. She loves helping people improve their health while they enjoy life more!

Judes owns Nutrition Educational Solutions, but the world knows her as "Foods With Judes," check her out on Social Media.

Besides Judes' corporate wellness work, she taught at the International Culinary Arts and Sciences Institute. She is the mother of four adult children and resides with her husband in Oak Island, North Carolina.



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with your New Year's
Resolutions!



About the Book:

12 Fixes to Healthy contains the formula for living a happier, healthier, stronger life — all without dieting! Based on the latest science, this dietitian-designed formula helps you integrate the 12 most impactful ways to fight disease, strengthen immune defenses, take off excess inches, improve glucose and cholesterol levels, build strength, and feel and think better as you age.

Seating is limited!

Stop by Barbee Library to register or call (910) 278-4283
Registration opens Wednesday, December 28, 2022.