

# Vitti's Dance Studio Health & Wellness Series

## LET'S TALK FOOD!

### THE GOOD, THE BAD & THE UGLY

*“Let food be thy  
medicine and  
medicine be thy  
food.”*  
Hippocrates

Wednesday  
March 25, 2026

7-8 p.m.

\$25. Prereg.

\$30 at the  
door



Carolyn Finch, MS SLP  
Author, Int'l Speaker  
Speech & Health Coach

### You will learn how:

- food & hydration can reduce inflammation, and support joints and muscles
- to eat for sustained & steadier energy
- food can sharpen focus & coordination (or not!)
- to eat for improved recovery

[www.vittisdancestudio.com](http://www.vittisdancestudio.com)  
10 Precison Rd., Danbury, CT 203-748-2884  
[info@vittisdancestudio.com](mailto:info@vittisdancestudio.com)



SCAN ME