

Hi Krista,

I posted the 2 handouts (7 steps and salad recipes) to our second page. I changed the label to read "Photos and File Downloads".

Here is other information that I will post after I have sent this email:

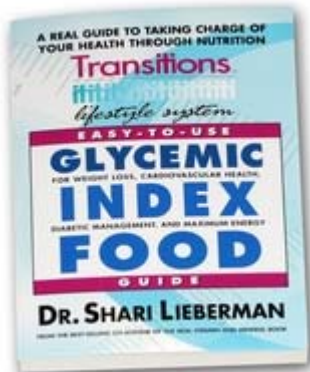
The 6 week class I took was run by Gerri Macinski (voiceg@charter.net).

I purchased the journal and Low GI books from Dale Meier: www.dalemeier.unfranchise.com



Transitions Lifestyle System Journal

\$6.95



Transitions Glycemic Food Index Book (1 Single Book)

\$7.55