

## *CHEW Chicago: Complete Health and Wellness Education*



There are certain things you should never take into your own hands, think bikini waxes and eyelash extensions. And for some of us, eating right is one of those don't-go-it-alone goals that New Year after New Year, we just can't seem to conquer. The good news is, thanks to CHEW Chicago, you don't have to fly solo in your attempts to live life better.

CHEW Chicago helps put you on the right path to improving eating habits, preparing better food, increasing energy, banishing cravings and binges and oh-so-much more. From classes and workshops- - like the Eating for Energy Workshop and CHEW Cooking Class -- to menu planning and nutritional coaching, CHEW's expert guidance makes living a full, healthy life truly achievable. [CHEW Chicago, Inc.](#) is located at 1300 W. Belmont Avenue, Suite 105, Chicago, IL USA, 60657. Phone: (312) 933-8347

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