



Book Bonanza

The **Marcus Jewish Community Center of Atlanta's (MJCCA)** book festival returns for its 25th anniversary November 5-20. Look out for local authors there like Jesse Itzler. Jesse will present his recently released memoir, *Living With a Seal*, which chronicles his journeys of trying almost anything, such as offering to run a 100-mile race in SPANX® to

get the attention of the beautiful founder of the company, Sara Blakely, and later marrying her and much more.

Details: atlantajcc.org

American Diabetes Month®

Lowering sugar intake is not only good for overall health, but can also help decrease risk for developing type 2 diabetes. Below are **Strong4Life's** tips for working with **The American Heart Association's** new recommendations on the amount of added sugar children should consume.

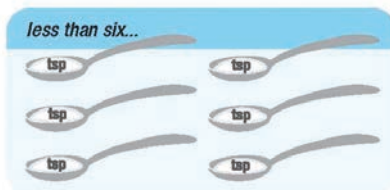
- Almost half of the added sugar children consume comes from sugar-sweetened beverages. Reducing the intake of these would make a significant impact.
- The best way to identify added sugars in foods is to consult nutrition labels' ingredient lists. Parents should look for anything from sugar to fruit juice concentrate to molasses and more.



HEALTHY KIDS ARE SWEET ENOUGH

Kids age 2-18 should have **LESS THAN 25 GRAMS** or **SIX TEASPOONS** of **ADDED SUGARS DAILY** for a healthy heart.

- Strong4Life's team of dietitians suggests fresh real fruit, unsweetened applesauce or a pack of raisins as great snacks that bring nutrition along with natural sweetness.



Details: strong4life.com



In Good Hands

Face & Body Southeast Spa Conference & Expo's Atlanta launch last month was a hit; over 1,000 estheticians attended to advance their skin and body care education. Dozens of presenters included top Atlanta skincare gurus Erin Madigan-Fleck of Naturophoria on pigmentation issues and Institut DERMEd's Lyn Ross on problematic skin conditions. Anti-aging serums, lash extensions, chemical-free products and skincare supplements were major trends we spotted on the Expo floor. Professionals, mark your calendars for next year's show, October 7-9, 2017!

Details: faceandbody.com/southeast

JessicaShops.com

SAVING IS ALWAYS IN STYLE



Pick of the Month

Just in time for the holidays, **Gardner Dermatology and Med Spa** are offering a "Flawless Face" injectables package to help you look your best this holiday season. This deal includes three areas of Botox®, two syringes of VOLUMA®, one syringe of Juvéderm® and one 30-minute facial

for \$3000—for a total savings of \$770! Plus, mention JessicaShops and receive 10 complimentary units of Botox to be used at a later date.

Details: 2550 Windy Hill Rd. SE, Marietta; gardnerdermatology.com