

# ADVANCED NEWSTART



EDUCATIONAL LIFESTYLE MEDICINE PROGRAM  
TO ADDRESS LIFESTYLE CHRONIC DISEASES

## HAVE YOU BEEN WANTING TO:

- ✓ Make positive lifestyle changes
- ✓ Overcome a certain addiction-related to food, media, etc.
- ✓ Achieve optimal health habits

**YOU DON'T WANT TO MISS OUT!**

▶ To get access to meals, join our 7-day Advanced Shape Up or 7-day Advanced Detox programs.

COME JOIN US & DISCOVER A **NEW YOU** IN JUST WEEKS!



**Register by Jul 17, 2024**  
**July 19 to 25, 2024**

*Your Health  
is Our Mission.*

