



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 Aug 7, 2024 August 9 to 15, 2024



