



RESTART®

Real Food. Real Learning. Real Support.

A 5-week class: “Let’s Break Up With Sugar!”
Part nutritional education, part sugar detox, part
support group. An empowering combination!

This RESTART® nutrition series focuses on how to use REAL FOOD
to boost your energy and cut sugar and carb cravings.

People have reported these benefits:

- * weight loss
- * increased energy
- * better sleep
- * mental clarity
- * decreased anxiety
- * decreased cholesterol... plus more...

WHEN: June 2nd - June 30th, 7-8PM

WHERE: Elixia Wellness Center classroom

WHO: RESTART® Instructor, Leslie Bennett, NTP

COST: \$195 (Includes the RESTART® Cookbook)

~Bring a Buddy and you both get 15% off~
Sign up at the front desk