



NEWSSTART

NUTRITION • EXERCISE • WATER • SUNSHINE • TEMPERANCE • AIR • REST • TRUST IN GOD

EDUCATION

- Health Screening
- Wellness Consultation
- Informative/Inspirational Presentations
- Healthy Cooking
- Grocery Shopping Tour
- ...and More!

AS LOW AS \$200

50% DISCOUNT for Members.
(First 10 enrollees pay only \$200)
Regular Price is \$470.



LIFESTYLE

- Exercise Sessions
- Daily Meals Provided
- Peer Support & Encouragement

RESULTS

- Improve Diabetes
- Control Blood Pressure
- Reduce Cholesterol
- Shed Pounds
- Decrease Risk of Cancer
- ... and More!

NEXT PROGRAM

MARCH 12-23, 2017
2 Weeks

Sundays: 10am-1pm
Mon, Tue, Thu: 5pm-7pm

