

## JANUARY

### DiaBeatIt JAN 4

Register by Dec 24, 20  
late registration: Dec 28 - 30

### 7-DAY SHAPEUP JAN 11

Register by Dec 30, 20  
late registration: Jan 4 - 6

### 7-DAY ADVANCED DETOX JAN 22

Register by Jan 20

## FEBRUARY

### 7-DAY DETOX FEB 1

Register by Jan 22  
late registration: Jan 25 - 27

### 7-DAY ADVANCED DETOX FEB 12

Register by Feb 10

### 7-DAY ADVANCED DETOX FEB 26

Register by Feb 24

## MARCH

### 7-DAY DETOX MAR 8

Register by Feb 26  
late registration: Mar 1 - 3

### NEWSTART MAR 8

Register by Feb 26  
late registration: Mar 1 - 3

### 7-DAY ADVANCED DETOX MAR 19

Register by Mar 17

## APRIL

### DiaBeatIt APR 5

Register by Mar 26  
late registration: Mar 29 - Mar 31

### 7-DAY SHAPEUP APR 12

Register by Apr 2  
late registration: Apr 5 - 7

### 7-DAY ADVANCED DETOX APR 23

Register by Apr 21

## MAY

### 7-DAY DETOX MAY 3

Register by Apr 23  
late registration: Apr 26 - 28

### 7-DAY ADVANCED DETOX MAY 14

Register by May 12

### 7-DAY DETOX MAY 24

Register by May 14  
late registration: May 17 - 19

### NEWSTART MAY 24

Register by May 14  
late registration: May 17 - 19

## JUNE

### 7-DAY ADVANCED DETOX JUN 11

Register by Jun 9

### 7-DAY ADVANCED DETOX JUN 25

Register by Jun 23



### DiaBeatIt JUL 5

Register by Jun 25  
late registration: Jun 28 - Jun 30

### 7-DAY SHAPEUP JUL 12

Register by Jul 2  
late registration: Jul 5 - 7

### 7-DAY ADVANCED DETOX JUL 23

Register by Jul 20

## AUGUST

### 7-DAY DETOX AUG 2

Register by Jul 23  
late registration: Jul 26 - 28

### 7-DAY ADVANCED DETOX AUG 13

Register by Aug 11

### 7-DAY ADVANCED DETOX AUG 27

Register by Aug 25

## SEPTEMBER

### DiaBeatIt SEP 13

Register by Sep 3  
late registration: Sep 6 - 8

### 7-DAY SHAPEUP SEP 20

Register by Sep 10  
late registration: Sep 13 - 15

## OCTOBER

### 7-DAY ADVANCED DETOX OCT 1

Register by Sep 29

### 7-DAY ADVANCED DETOX OCT 15

Register by Oct 13

## NOVEMBER

### 7-DAY DETOX NOV 1

Register by Oct 22  
late registration: Oct 25 - 27

### 7-DAY ADVANCED DETOX NOV 12

Register by Nov 10

### 7-DAY DETOX NOV 29

Register by Nov 19  
late registration: Nov 22 - 24

### NEWSTART NOV 29

Register by Nov 19  
late registration: Nov 22 - 24

## DECEMBER

### 7-DAY ADVANCED DETOX DEC 10

Register by Dec 8

### 7-DAY ADVANCED DETOX DEC 17

Register by Dec 15



Shape Up program is designed with whole food meals, lifestyle interventions addressing sleep hygiene, stress management, hydration, mindful eating, and physical activity. We provide training materials to help participants to improve their daily routine with an emphasis on intermittent fasting.



Detox program is an intermediate level program to help you reset your lifestyle. Meals are provided with additional raw food and phytonutrients in the meals. This program is designed with whole food approach, lifestyle interventions, addressing sleep hygiene, stress management, hydration, mindful eating and physical activity.



Advanced Detox program is also designed with whole food approach but utilizing fasting mimicking diet (all the benefits of fasting without the hunger) with emphasis on lifestyle intervention. You can still enjoy your meals (this is not a liquid diet program) with guideline provided while receiving high nutrient density food powder mix packed with powerful phytonutrients for 1 week!



NEWSTART program applies medical, behavioral, motivational, and environmental principles to the address lifestyle-related chronic disease. This is an educational program focusing on lifestyle medicine, discovering the root cause of chronic disease, utilizing evidence-based lifestyle change as the first line therapy for disease treatment and reversal. Joining both the 7-day Detox and 7-day Advanced Detox programs is recommended for the best outcome.



DiaBeatIt is a certified program meeting all quality standards by DEAP approved by AADE. Join today and learn the most effective way to set yourself free from diabetes. You will benefit most by joining ShapeUp program in conjunction with the DiaBeatIt program. We strongly recommend joining both the 7-day Shape Up and 7-day Advanced Detox programs for the best outcome.



**7-day Programs: \$147.50**  
**(\$295.00 Regular Program Price)**  
1st 10 participants: \$135.00 co-pay

**DiaBeatIt: 100% covered!**

## Join our Wellness Programs Today!