



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!



100% covered

\$94 copay. Full reimbursement from insurance upon completion of program.

Register by Aug 13, 2025

August 15 to 21, 2025



