

**“Shred 10” can be the key to extraordinary long term wellness, prevention! You can have the body & energy that you want even though the New Year is passed & goals are missed or need fine tuned!**

**Dairy & gluten free smoothies samples and snacks provided!**



***Featured Shred 10, Juice Plus and helpful plant based and tracking resources with a Nutrition Medical Expert that will empower you with a program that you can do easily!!!***

- Valerie Sayre, RD, LDN, R.Ph.T., NMD, Medical Exercise Specialist & Reiki Master
- Private practice for 15+ years and Mom of 5! Valerie provides easy and practical and specific guidelines and tools for success every day!

**Date:** February 25, 2020

**Time:** 7:15 pm

**Location:** Pure Juice Café

**Address:** 24 S. Evergreen Ave,  
Arlington Heights, Il, 60005

**RSVP:** Pure Juice: 847-873-0942 **or** NCB: 847-985-1200

**or [ncbteam@nutritionconnectionbalance.com](mailto:ncbteam@nutritionconnectionbalance.com)**

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