

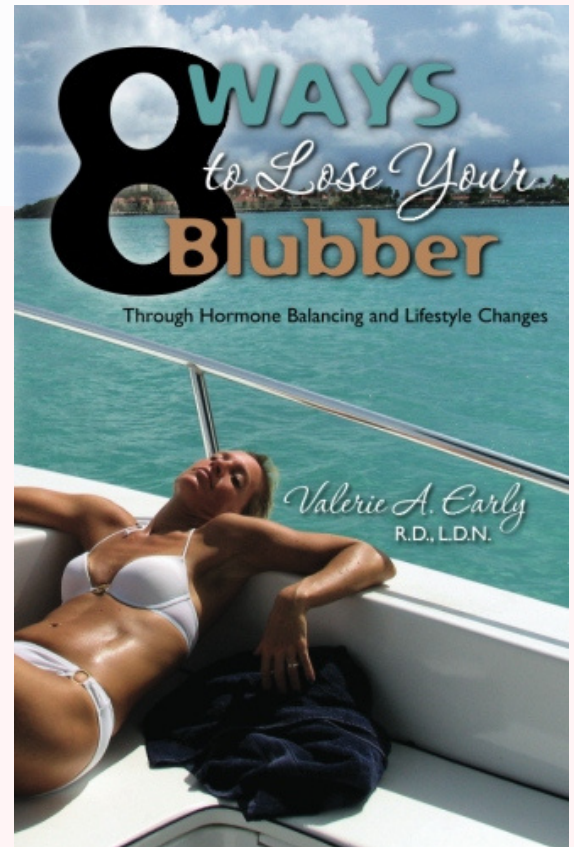
HABIT CHANGERS 2022

READY TO SHOW MORE?

ITS SUMMER!

TOPICS

- Valerie Sayre, Author of " 8 Ways to Lose Your Blubber" will be discussing Body fat % and how to loss it
- Body Fat Loss Study & Juice Complete Shake
- Stretching, Aerobics & Weights



JUNE 01, 2022

9AM CST/10AM EST

6PM CST/7PM EST

ZOOM ID 847-985-1200



JOIN US The 1st Wednesday of every Month
Valerie Sayre, RD, LDN, R.Ph.T., IMD, Medical Exercise Specialist
& Reiki Master
Marilyn Wright , Wellness Advisor & Jodi Kindle, Health Coach &
Masseuse

RSVP TO Valerie Sayre & NCB: 847-985-1200
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