



# Back to School Means Back to Healthy.

## *21 Day Balanced Reboot*

This fun & informative group cleanse takes place on **September 16 - October 6th** and will help you:

- sleep better
- eat better
- kick your sugar cravings
- increase energy
- lose unwanted pounds & feel less bloated

**Early Bird Special!**  
*Register by Sept. 9th for only \$29 (+ HST)*

**After Sept 9th**  
*Register for \$49 (+HST)*

### **Your *21 Day Balanced Reboot* includes:**

- 21 day suggested meal plan
- shopping list
- elimination diet plan
- recipes (meals & snacks)
- weekly goals
- Facebook support group

**For more information or to join contact:**

arja@balancebodyandsoul.com    416-420-5675



balancebody&soulnutrition