



## Ready to RESET Your Metabolism, Body, and Mind?

Tired of feeling *Bloated? Lethargic? Low Energy? Brain “Fogged?”*

Make a REAL commitment to your **ULTIMATE HEALTH™** and join Lori and Deb at our upcoming Nutrition Seminar.

Bring a friend and let our trained staff show you **real methods** to feel great, look great, and stay that way!

Topics include consuming **high nutrient foods** and “**clean eating.**” These are not diets, gimmicks, or quick solutions. Learning to eat satisfying and delicious food is a way of life that leads to a myriad of positive changes in your body and mind. In addition to eliminating many **common ailments**, improving **overall health**, and **fighting disease**, you will enjoy a stronger **heart**, clearer **skin**, and calmer **nerves**.

Discover your Ultimate Health™ with us. Take this first step to change how you feel each day.

Seating is limited. Call us at (508) 210-0731 or sign up at the front desk!

DATE: Thursday, October 29<sup>th</sup>

TIME: 5:45PM – 7:15PM

WHERE: Ultimate Fitness

Member Fee: \$49.00

Non-Member Fee: \$69.00

*(\*Participants in previous Ultimate Fitness Nutrition Programs fee: \$29.00)*

Attendees will receive transformative, informational handouts and an essential food log. Refreshments will be served.