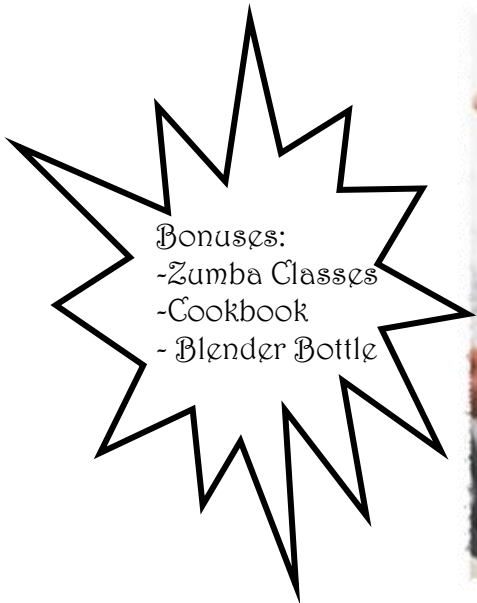




Spring into Shape!

Kickstart your Weight Loss Efforts or Maintain your Health



Five Thursdays: April 11, 18, 25, May 2, 9, 2013

Time: 5:00 – 6:00 PM

Location: Northridge Health Performance Centre, Nanaimo

- ✓ First 5 days of meals and supplements included
- ✓ Guided by a certified professional health and lifestyle coach
- ✓ Average weight lost in the first 5 days is 4-5 lbs
- ✓ Say good bye to your carbohydrate and sugar cravings
- ✓ Develop healthy lifestyle changes that support your body, mind and spirit
- ✓ Feel strong, increase your energy and love your body

A \$500 VALUE, ALL FOR ONLY \$199 + TAX

Space is Limited... REGISTER NOW!!

CALL 250-751-0505

What people are saying about Kickstart: "It is so easy, I love it!" Lynn, "I love having even energy throughout my day" Brenda, "I am never hungry" Shelley

This program is for people who are seriously ready to make the necessary lifestyle changes to reach their healthy goals. If you have food allergies contact us before registering.