

21 DAY BODY BOOST

HEALTH & WELLNESS
brought to you by the
Basque Cultural Center

**If you suffer from any of these symptoms
this program is for you.**

- Weight Gain
- Achy Joints & Muscles
- Bloating
- Brain Fog
- Headache
- Acne
- Low Energy
- Cravings

The 21-DAY BODY BOOST PROGRAM will consist of 4 group sessions where you'll be with an intimate group of fabulous men and women who will become an inspiration to your success. The first session prepares you for the program. You will learn about toxins that you're exposed to daily... in the food you eat, the water you drink, and the very air you breathe. The following 3 sessions will be guided group discussions to provide support, and inspiration to enable your success.

This program will be a whole-foods approach where you will be able to eat delicious satisfying foods. There will be 2 days of the program requiring whole-foods in liquid form, but don't worry – you will receive plenty of support and recipes through the liquid phase and the entire body boost process. You'll find tremendous benefits in giving your digestion a break.

To keep you accountable and on-track, you will be recording your daily food intake. This daily recording commitment will greatly enhance your ability to not only stay on course but also provides an ability to see if you're providing your body the essential nutrients needed to support its functions.

This 21-Day Body Boost will be just what you need to make healthy lifestyle changes for your overall health and wellness and build up your immune system to feel your best!

Dates: March 2nd, 9th, 23rd, 30th (no class March 16th)

Time: TBD

Program price for BCC members - \$30.
Participation is limited - sign up today!
Register at yvette@calmnutrition.com.