

Become happier & healthier!

40 Day Whole Life Makeover



Based on NY Times Best Selling Book – Body By God
This is an easy-to-do program that is designed to permanently change your nutritional, exercise, emotional, spiritual and time management habits. Through dedication, you can create real life-long results.

YOU WILL LEARN:

- Cutting edge Time Management Skills
- How to exercise effectively
- Eat like an elephant, look like a gazelle nutrition
- Learn how to stay healthy forever
- Pro-active stress management techniques
- How to have more fun, peace, and happiness in life

THE PROGRAM INCLUDES:

- 6 weekly meetings
- A day-by-day workbook
- A healthy foods cookbook
- Great weekly prizes
- 40 day gym membership



Where: Cassista Chiropractic Office, 1350 Lakeview Ave. Dracut
When: Tuesday nights 7-8:30pm for 6 weeks starting 3-10-15
Cost: \$65. Bring two 3paid guests and you get to attend free.
Register now at www.cassista.com or call 978-957-5585

Seating is limited.