

Healthy Weight Balance

NEW DATES

8 Week Series

January 24th - February 28th, 2018

Sick and tired of YOYO diets?
Want to learn how to LOSE weight and keep it OFF?

This series is for you!

4 In Class Group Sessions

(Jan 24th, Feb 7th, 21st, and 28th from 7:30-9:00 pm)

Plus 4 One-On-One Individual Coaching Sessions

Comprehensive Functional Medicine Options Including:

Low Carb, Keto & Intermittent Fasting

Customized Food Guides

\$349.00

(\$820.00
Value!)



Moragh Lippert

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To register and for more information
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