



Group Classes

Detox & Feel Great

Forget juice fasts and unhealthy cleanses you have heard about. We are offering a 28-day program to rid yourself of excess toxins and get your body back to basics, while eating healthy, whole foods. Feel better than ever! Clients report amazing results, including increased energy, bowel regularity, decreased headaches, improved sleep, and weight loss.

Space is Limited (310)828-6100

Classes held from 6 – 7pm

Choose the class that fits best with your schedule:

- ▶ Wednesday nights beginning (2/25, 3/11 & 3/25), or
- ▶ Monday nights (3/2, 3/16, & 3/30)

www.HealthyByDesignNutrition.com

Sign up today and pay only \$449
(A savings of \$149)

You will receive:

- ▶ Comprehensive instruction and support
- ▶ 3 – 1 hour group classes
- ▶ Detox products for 28 days
 - Great tasting Macro and Micronutrient powered shake mix (3 containers)
 - Advanced support capsules to nourish and support your organs during detoxification (1 bottle)
 - Omega-3 essential fatty acid softgels (1 bottle)
- ▶ Program booklet with daily meal plans and recipes
- ▶ Blender bottle
- ▶ Pedometer

2225 Broadway ▪ Suite B ▪ Santa Monica
(310)828-6100