

Nourish Your Best Self

December 2017

www.nourishyourbestself.com

WHAT'S New WHAT'S Next



New Year - New You!

Welcome to a space created just for you to help YOU discover your best self!

Classes, workshops, individual nutritional support - come discover the future of health care. Personalized nutrition that puts you in control. Learn how to eat.live.thrive!

NEW PRODUCT
LAUNCH

INTRODUCING:

Next Level Book Club

Are you ready to take your personal development to the Next Level?

1

RESTART

The Sugar Detox class to RESTART your life!

2

NEXT LEVEL BOOK CLUB

Details of this awesome new book club!

3

HOLIDAY SALE!!

RESTART at \$50 off
Classes at \$10 off
see details next page

Class Schedule

Instant Pot
Cooking Classes



Jan. 9th and Jan.
31st 5:00-7:00PM

RESTART

Thursdays Jan. 4-
February 1
5:30-7:00PM
\$169.00

RESTART ON- LINE

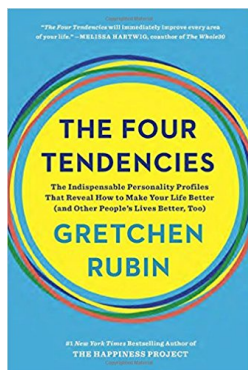
Mondays Jan. 8-
Feb. 5
\$140.00

Next Level Book Club

Wednesdays
Jan. 10 - Feb. 7
5:30-7:00PM
\$50.00

Introducing NEXT LEVEL Book Club!

Join a committed, small group and explore cutting edge books that take *you* to the next level! These 4-6 week classes are self-contained; join one or sign up for a whole year! Our first selection is "*The Four Tendencies*".



Gretchen Rubin has done extensive work on Happiness and Habits and now helps us discover: "How do I get people—including myself—to do what I want?" Knowing the Four Tendencies make this task much, much easier.

Visit my webpage to see other book club selections; feel free to make a suggestion of your own! This class brings accountability, community, discussion and impact; join us and find your tribe!

RESTART classes offer a non-traditional way to take your health in a new direction. RESTART is an empowering

combination; part education, part sugar detox and part community support. This 5 week course focuses on digestion, blood sugar regulation and healthy fats. Learn how to take control of your health! Classes are offered throughout the year for \$169.00. Visit www.nourishyourbestself.com for dates and times.



RESTART On-line classes are the same great class from the comfort of your own home - from next door or from across the country. We meet as a class in the virtual world, same support, same program, same success!

Classes are \$140.00. Sign up on the website.

Holiday Sale! through December 15th

All RESTART Classes \$20.00 OFF

All Workshops \$10.00 OFF

NEXT LEVEL Book Club \$10.00 OFF

Gift Certificates - give the gift of good health!

<http://www.nourishyourbestself.com/>



