



RESTART[®]



*your health
in just
five weeks!*

REAL FOOD, REAL LEARNING, REAL SUPPORT
= real results!

**Part nutritional education, part sugar detox,
part support group – an empowering combination!**

The 5-week RESTART[®] program is a simple, powerful way to give your body a vacation from having to process toxins like sugar.

With a 3-week sugar detox built right in, the program focuses on how to use REAL FOOD to boost your energy and cut sugar and carb cravings.

Discover how good you can feel!

spaces limited to 10 participants

SIGN UP NOW!



BENEFITS you can expect from
the RESTART[®] Program:

- Weight Loss
- Increased Energy
- Better and more restful sleep
- Boosted immune system
- Mental clarity and improved mood
- Decreased anxiety
- Reduced PMS/Menopause symptoms



YOU'LL LEARN:

- Week 1: How to prepare for your REAL FOOD sugar detox
- Week 2: Your digestive check-in
- Week 3: What sugar really does in your body
- Week 4: The truth about FATS
- Week 5: How to move forward and celebrate your success!

Thursdays, 9/21/17 - 10/19/17

10:00 A.M. – 11:30 A.M.

Clay Madsen Rec Center

**Space is limited to the first
20 people!**

\$125 per person

***Course materials included!**



TO REGISTER: Visit www.roundrockrecreation.com (Course Code: 5875)