

WANT TO FEEL BETTER IN *JUST 10 DAYS?*

- Reduce the risk of heart disease
- Lower cholesterol
- Lower triglycerides
- Lose weight
- Stabilize fasting blood sugar
- Reduce muscle aches and pain



JOIN THE JUMPSTART CHALLENGE!

February 7- March 14, 2019

All Participants receive:

- ⇒ **Online Education Programming**
- ⇒ **2 Face to Face Meetings**
 - * **Feb. 7- WELCOME, Education and Food demonstrations with samples**
 - * **March 14 - CELEBRATION with blood work results**
- ⇒ **PlantPure Nation Cookbook**
- ⇒ **Fasting Blood tests performed on Feb. 25 and Mar. 8**

REGISTER TODAY

at www.themaplecenter.org or call 812-234-8733

Limited spots available!

Registration deadline is Jan. 24

\$45 per person registration fee

Lab costs: \$50 (includes Lipid Panel + Blood glucose at start and finish)

Food Cost: \$169.00 (20 frozen entrees + online videos)

Scholarships available! Those interested can fill out an application at www.themaplecenter.org *

