



Join us for our weekly super-food

NUTRITIONAL BOOT CAMP

No tossing tires or crawling under barbed wire! Consider this a kinder, gentler way to reach your health goals. Your boot camp challenge is different. It's not designed to take away or deprive, but rather to add healthy options week by week. You may find as you make healthier choices, you feel better and the momentum carries over into all the foods you choose to eat!

Education, resources, coaching, demos, samples, recipes!

Offered as 12 weeks or a 2 day Intensive:

\$15 + HST drop-in fee (12 week format only)

\$150 + HST full course fee



Contact us for time and location

Judy N Green

Certified RAW Food Nutrition Coach

RAW 'N Green Wellness Coaching

judy@rawngreen.com

www.rawngreen.com

902-249-1772

