



ADVANCED HEALTH
Wellness Center

METABOLIC RESET CHALLENGE

TAKE BACK
YOUR HEALTH

Challenge includes:

- ADVANCED HEALTH + FITNESS ASSESSMENT
- COOKBOOK, MEAL PLANS AND SHOPPING LIST
- ACCESS TO EXERCISE CLASSES + 24/7 GYM
- AND MORE!

Metabolic Reset Challenge

It's time to Revolutionize your health and wellness! Come to one of our workshops where we will describe the exact habits and activities that can transform your health this year and years to come! Time to start creating the habits necessary to improve energy, burn more fat, decrease aches and pains, and gain overall wellness through revolutionizing your healthy habits.

JOIN US FOR OUR FREE METABOLIC WORKSHOP

Saturday, February 26th at 10:00 am

201 Great Oaks Trail, Wadsworth Ohio 44281

Please register at the front desk for you and your friends

With this in mind, we have created our Advanced Health and Wellness Center
WELLNESS PYRAMID

