



FOCUS ON PILATES & WELLNESS

21-DAY CLEANSE & WEIGHT LOSS CHALLENGE



FEB 1 2019

START OFF THE YEAR ON THE RIGHT FORK.

Did 2018 or the holiday season leave you with brain fog, tummy troubles, bloat, physical pain or a wider waistline?

Did you make resolutions that are proving harder to stick with on your own?

Get on the right track for a better 2019 and for lasting, sustainable, lifelong health!

JOIN US FOR A 21-DAY CLEANSE & WEIGHT LOSS CHALLENGE!

STARTS FEBRUARY 1, 2019

\$149
PER PERSON

INCLUDES:

- LIVE KICK-OFF EVENT at FOCUS Physical Therapy & Wellness and on Facebook with our nutritionist, **JESSICA BERLINER**
- 21-Day Meal Plan
- Delicious Recipes
- Ongoing email support from Jessica
- Access to our Challenge Facebook Group with Weekly Live Chats with Jessica
- Weekly Give-aways

TO SIGN UP, CALL (973) 509-0827
OR COME BY FOCUS
552 VALLEY ROAD, MONTCLAIR, NJ