



The total lifestyle makeover to reboot your metabolism, restore your health and recharge your life!

The 28 Day Challenge begins Saturday April 13th

Each Participant Receives their own personal Wellness Kit that includes:

- 28 Day Meal Plan with weekly menus, shopping lists and recipes
- 28 Day Exercise Plan
- The "Mind Game" plan to teach you to set goals and practice positive affirmations
- Small group grocery store tours of Zehrs and Goodness Me that teaches you how to navigate the store to increase health, save time and money!
- Weekly meetings with peer support, nutrition topics, food demos, meditation and goal setting activities.
- Weekly movie nights.
- Email support
- Optional guided cleanse
- Samples of our favorite products

\$79

**tax included
Special discount for GMC
patients**

You're invited to our information session

Wednesday April 10th 7:00pm

RSVP info@graymatterchiro.com or 519-755-7736

GRAY  **MATTER**
chiropractic