

SPRING CLEANSE - EAT CLEAN - GET LEAN

# *Cleanse your body & soul with my 14-day refresh!*

**Spring is the best time to cleanse, refocus and refresh our body and soul!! Join my 14-day Cleanse and Refresh group beginning on Monday, April 8, 2019**

## **This 14-day reset includes:**

- recipes, lists of foods to eat and avoid
- my support and accountability along the way
- inspirational messages from yours truly via a mobile app to assist you in your daily endeavors and keep you motivated, empowered and encouraged to continue to step into your own power



**Now is the time to SHOW up for yourself and join this amazing group just in time for Spring!**

You get all of this for an incredible investment of \$150.00.

*YES! Sign me up!*

Name: \_\_\_\_\_

Phone: \_\_\_\_\_