

LLB- LIVING A LIFE IN BALANCE TRACKS

TRACK 1: LIFESTYLE

WEDNESDAY AUG 28 THRU SEPT 25

LOCATION: IHC MULTIPURPOSE ROOM

8AM: TONE ZONE FITNESS CLASS

9AM: FITNESS & NUTRITION CLASS WITH
COOKING DEMO

TRACK 2: COOKING & MEAL PREP

WEDNESDAY OCT 2 THRU NOV 13

LOCATION: SOLIDARITY FARM (SEE REVERSE)

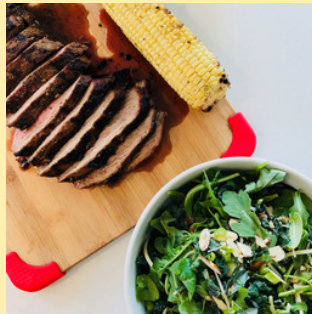
9AM: HARVEST GATHERING

930AM: HANDS-ON COOKING CLASS

ATTENTION:

**Patients who want to
lose 20+ pounds or have
pre-diabetes or diabetes.**

LIVING A LIFE IN BALANCE



Includes; Weigh-in, workout, colorful guides, step-by-step action weekly plan, Q&A, and group support. Call (760) 749-1410 x5455 to reserve your spot.



This is for you dealing with:

- Strong cravings
- Mid-day energy crashes
- Inconsistent moods
- Unexplained high or low blood sugar readings

Here's What You'll Get!

- Delicious recipes designed to curb cravings and boost energy
- Exercise strategies to burn the most fat in the least amount of time
- Meal prep tips & tricks for busy families
- Stress-busters to help keep your blood sugar balanced
- Support & accountability every week

IHC Clinic Address: 50100 Golsh Road, Valley Center, CA 92082

Solidarity Farm Address: 14909 Pauma Valley Dr, Pauma Valley, CA 92061