

# Living on Live Food

## 30-Day Challenge Program

Imagine...Jumping out of bed in the morning feeling totally awake, vibrantly alive and healthier than you have ever felt before! Imagine having boundless energy for every moment of the day with a clear mind and a feeling of inner peace and calm. Imagine that you are in the best shape of your life with a healthy body, no pains, no ailments and free of any excess weight.

### The 30-Day Challenge Program includes:

- Weekly group meetings to provide support, demo upcoming recipes, and taste samplings
- A weekly menu of raw food recipes that are simplistic, easy to prepare, and gourmet tasting
- 24 hour coaching, direct contact via email or phone for support
- An opportunity to share your experience with like-minded individuals that are on this amazing path to create a supportive community of raw food-ists!

**Mondays, 6:30pm – 8:30pm**

Class only: Members: \$175 Nonmembers: \$195

Class plus (6) 30-min. Personal Training sessions: Members: \$265 Nonmembers: \$285  
(Space is limited to 20 participants)

### Examples of Raw and Living Foods



Call Wendy Zullo for additional information at 440-816-4218  
or email at [wzullo@swgeneral.com](mailto:wzullo@swgeneral.com).

  
**Lifeworks**  
*of Southwest General*