



HEALTH, NUTRITION, DIET  
Change, Support & Accountability TEAM  
JANUARY (1/9) MEETING

♥ Start the New Year off right and get your health, diet, body and well-being back, on track and feeling good once again!

♥ Let's begin 2020 with a **toast, cheer, New Year blessing and present** to our health like we give to family and friends. It can't be left out; it's not fair and doesn't deserve it.

♥ Also, do the Holidays leave you feeling **tired, bloated, groggy** and with a little extra weight?

♥ Are you determined this time, this year to **finally do what you "know perfectly well"** your health, body and well-being needs the most?

Then come, bring someone and don't miss the:

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**Jan, 1/9, Thurs., 6-8 pm Blended, panel meeting**

(Panel, not just a speaker; In-person 3117 Lathrop Ave. Racine, WI, or call-in (605) 472-5291 code: 473321)

To get your **health, diet and body back, on track; where you want it to be**, and feeling good, great once again!

We will give our health a toast, New Year blessing and present—**just what it wants, needs** like making at least one change, improvement or breakthrough, or overcoming one excuse, challenge or block.

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Post, share, pass meeting

[www.maxfulfillment.com/sundayhealthmeeting/](http://www.maxfulfillment.com/sundayhealthmeeting/)

along to **"people and places"**. You just don't know who might be interested or know someone who is!

**Contact Randy 847 809-4821, [randy@maxfulfillment.com](mailto:randy@maxfulfillment.com)**