



How to Start Your Health Off Right, *On the Right Track in 2020*

♥ **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?

For any of the ♥ s, come, bring someone and don't miss the:

HCT (HEALTH, NUTRITION, DIET Change, Support & Accountability TEAM)

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 one change, improvement or breakthrough, or overcoming one excuse, challenge or block.

=====
Thank you for sharing, posting, passing the HCT January meeting www.maxfulfillment.com/sundayhealthmeeting/ along to any one or place. You just don't know who might be interested or in turn, knows someone who is!
[Contact Randy 847 809-4821, randy@maxfulfillment.com](mailto:randy@maxfulfillment.com)