



NATURAL GROCERS®

21 DAYS

to a *healthier you*



A 3-STEP JOURNEY

Jan. 24–Feb. 13

step **1**

Eat for Health
& Vitality

Experience more vibrant & optimal health in just 21 days

Join us for a 3-class series led by our Nutritional Health Coaches. Then turn education into action with a 7-day challenge following each class.

step **2**

Kick Sugar
Cravings

Step 1

Class: Eat for Health & Vitality

Challenge: Eat to the Meal Wheel

Step 2

Class: Kick Sugar Cravings

Challenge: Avoid Added Sugars

step **3**

Detoxify
Your Life

Step 3

Class: Detoxify Your Life

Challenge: Detoxify Your Home & Body

SCAN FOR MORE DETAILS OR VISIT
naturalgrocers.com/21-days

