

Imagine Health, Vitality, Energy at the end of your fork



Along with your friends, challenge yourself to a 10-day healthy EATING of delicious whole foods plant-based (WFPB) meals.

- **20 WFBP entrees**
- **2 hour-class:** taste & see: to learn how to make
 - o 1 healthy breakfast
 - o 2 salad dressings
 - o 2 healthy desserts
- **Educate yourself:** 5 hour-video by Plant Pure Nation
- **Culinary Remix:** turning 1 of your favorite recipes into a healthy dish
- Information on spices
- Ongoing support during the 10 days
- 10% discount on your biometrics
- Graduation celebration: Potluck

Take the first steps to prevent and or reverse chronic diseases.*

We encourage you to complete biometrics* testing before and after the challenge (10% discount coupon)

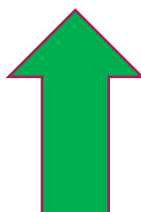
AMAZING RESULTS!!!!

Decrease*



Cholesterol
Blood Pressure
Weight
A1C
BMI

Boost*



Energy
Mood
Mental clarity

* See Disclaimer

You know why you should embrace a healthy lifestyle, but struggle with the HOW.
We make the HOW happen.

20 Delicious WFPB Entrees

Make Your own Salad dressing

Sugar Free Desserts

Eat More: Fruits & Veggies

Drink More Water

Exercise

Daily Tips

**WE EDUCATE
WE EMPOWER
WE SUPPORT YOU**

TO REGISTER:
celine@danceswithfoods.com

+1 (404)-307-3908



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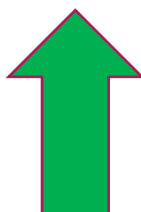
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DISCLAIMER AND WAIVER

The contents of this website and the brochure are based on the opinion of Dances With Foods, LLC. Nothing herein is intended to diagnose, treat, cure or prevent any disease. The information shared here is a sharing of knowledge collected by Dances With Foods and should not be construed as medical advice.

If you suffer from medical or pathological conditions please consult with your primary health care provider when making any changes to your diet, supplement routines or other medications. Dances With Foods, LLC is not trained nor licensed to diagnose or treat illness, injuries, or disease.

Before you start the 10 day-challenge, consult and inform your primary care provider.

This website and brochure should be considered educational and informational only for a healthy lifestyle and not seen as medical, dietician or nutritional advice. The owner of this website cannot guarantee the outcome of the recommendations provided. By continuing to read/use/participate on this site or the 10-day challenge you are acknowledging that the owner does not guarantee any particular outcome as the individual variables are outside the owner's control.

- Please let your doctor know that you are adopting a new lifestyle.
- If you are taking medications, please inform your doctor.
- We will not discuss your results or your conditions with you. You should discuss your results with your primary physicians.

Print your name

Signature

date

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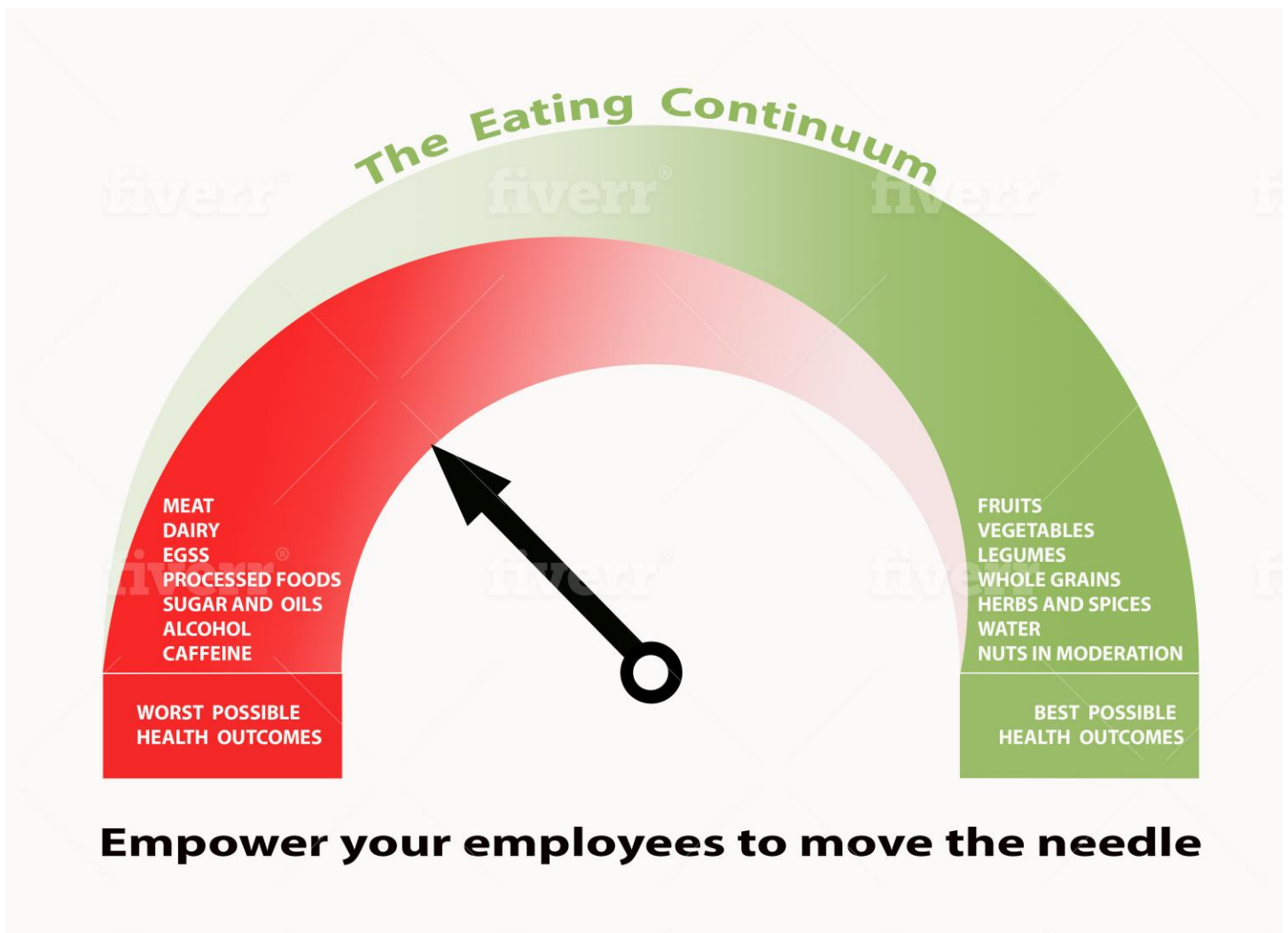
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IT IS YOUR CHOICE!

YOU ARE IN CONTROL!

MOVE THE NEEDLE!

START TODAY!



Empower your employees to move the needle

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