

# Health and Nutrition

\$225.00

*Girls 6th-10th grades*

3 classes

Class length is 1 hour 15 minutes



## OVERVIEW:

- Importance of body care
- Growth Cessation
- The American Diet
- Wheat Belly
- Portion size
- Herbs and Spices
- Antioxidants
- Digestive Harmony
- Leaky Gut Progression
- Body Detoxification
- Making healthy choices
- Use of Apple Cider Vinegar
- Balance of Body, Mind and Soul



## INCLUDES:

- Be Unique Binder
- Color Instruction handouts
- Use of all testing produce and snacks
- Class recipe ingredients
- Completion Certificate

### *Group Discounts Available*

- A \$75.00 non refundable deposit is due upon registration to secure placement in class and a balance of \$150.00 is due on the first day of attendance. Applicants are taken on a first come basis with dated form submission online. You will be contacted promptly upon your registration for payment and availability in class. 8 spaces available per class.

