

WORKSHOP

HOW TO KICK THE SUGAR HABIT

>>> 10 SIMPLE WAYS <<<

Do You

Wonder why you are craving sugar?

Like to know what the most common challenges and myths are around sugar?

Want to find out how much sugar we are consuming and not even know it?

Want to get an idea about what sugar is doing to your body?

Want to know what works and what doesn't work for kicking sugar cravings?

Want to discover what is keeping you stuck so you can get unstuck about sugar?

Are you ready to finally get this sugar thing handled?

Find out how in an interactive workshop with

LARS BODENHEIMER
Certified Holistic Health & Life Coach

Weight Loss & Health Transformation, Habit Change & Mind Reprogramming

+1 (703) 688-2422 | info@coach4balance.com | www.coach4balance.com

