

**21 DAY JUMPSTART
WITH MELANIE WASSMAN CNC, ERYT500**

HEALTHY HABITS

3 SATURDAYS, APRIL 28TH, MAY 5TH & MAY 12TH, 1:00-3:00PM



THE PROGRAM:

- 3 Group Meet-ups
- Daily Calendar Tracking
- 21 Days of Simple Recipes
- Personal Consultation with Melanie via email
- Ask the front desk for more details
- Investment: \$95

To register: www.YogaOceanside.com or Call 760-722-9642