

LUNCH & LEARN



MONA-VIE

drink it. feel it. share it.

Take control of your health, achieve body confidence and look & feel your very best!

Join us for a **FREE** seminar
Thursday, February 9th

**12:15pm-12:45pm at
Courts Plus**

Lunch is Included

**Register at the
Front Desk or
call 701-237-4805**

TOPICS:

- How to make your health a priority whatever your goals: Weight Loss, Burn Fat, Build Lean Mass, Increase Energy or Eliminate Sugar Craving.
- Why diets fail through deprivation and lack of blood glucose stabilization.
- Knowing your "Why" for a change.
- How to develop a Plan that will work permanently in your world.

www.courtsplus.org

