

# New Year New You



## New Year, New You Programme The Body Achieves What the Mind Believes! And we BELIEVE you can do this!

Give yourself the best start to the year, rise to the challenge and reset your metabolism and reboot your body after the turkey, mince pies and chocolate!

- Accessible anytime, anywhere, via a private Facebook group, so is easy to manage even with a busy schedule
- Exclusive online access to expert nutritional advice and support from Nutritional Therapist: Ilona Madden
- A New Year New You resource pack including a flexible meal planner and recipes
- Facebook Q&A to deal with any questions or challenges
- Support of a fabulous private facebook group
- Body stats at the beginning and end of the programme

*Previous participants said; "It really works to have the sense of support and solidarity from the virtual group"*

**The programme starts 1st January 2019 & is available from just €49**

To book your place email: [info@rightfood4u.com](mailto:info@rightfood4u.com)

