

VIBRANT YOU HEALTH CHALLENGE



Blake Bars



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28 DAY HEALTH CHALLENGE – April 13 to May 10

POINT SYSTEM based on Fundamental Health Habits

like nutrition, hydration, sleep, exercise, gratitude, prayer, supplementation and more. This challenge is not about weight, it's not a fad diet or a quick fix. It's about learning how small habits lead to big change and vibrant health for life! Don't be intimidated, this challenge doesn't have hard rules or restrictions. It's about progress, not perfection. VYHC is adaptable to you and where you're at. Come challenge with us & invest in your health because you are worth it!

REGISTRATION \$135

- **INCLUDES:** 28-day health challenge / launch meeting & meal / group hikes & walks / goal setting workshop / detox class / healthy food & drink samples / full access to the VYHC App / 5% discount at Nature's Pantry / access to health pro coaching / access to private FB Group / accountability & support / & prizes!
- **REGISTRATION REQUIRED by April 9**
- Register/PAY in store at Nature's Pantry or ONLINE at:
www.naturespantry.life
- Email us to ask about **scholarships** or any other questions:
info@naturespantry.life

