

# VIBRANT YOU HEALTH CHALLENGE



CHEMICAL FREE  
**BODY**



Nicole Faggerty  
HOLISTIC HEALTH  
& FITNESS COACH

- **4-WEEK HEALTH CHALLENGE** – Jan 31 to Feb 27
- **POINT SYSTEM based on Fundamental Health Habits** like nutrition, hydration, sleep, exercise, supplementation and more. This challenge is not about weight, it's not a fad diet or a quick fix. It's about learning small habits that 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. We layout a simple program based on proven health basics, and it's adaptable to you and where you are at. There's never been a better time to strengthen your overall health and your immune system, so come challenge with us, because you are worth it!
- **FREE entry – Registration Required by Jan 26**  
*Sign up at [www.naturespantry.life](http://www.naturespantry.life), at Nature's Pantry or call 541-963-7955*
- **Live Stream Launch Meeting Jan 28 at 6 pm**
- **Small Groups** – Sign up with friends or by yourself. We'll match you up with a few challengers to support and encourage you for optimal success.
- **INCLUDED:** Program Guide, Health Pro Involvement, Live Stream Cooking Classes, Small Group Encouragement And Accountability.
- Month-long **DISCOUNTS** for participants at Nature's Pantry
- **AWESOME HEALTH AND FITNESS PRIZES**