

VIBRANT YOU HEALTH CHALLENGE



Blake Bars



Summer Steele



Tim James



Lasa Baxter



Nicole Haggerty



Justin Hernandez

- **4-WEEK HEALTH CHALLENGE** – Oct 1 to Oct 28
- **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 Sep 26**
Sign up at www.naturespantry.life, at Nature's Pantry or call 541-963-7955
- **Launch Meeting Sep 28 at 6:30 pm**
- **INCLUDED:** Program Guide, Health Pro Involvement, Health Classes, Encouragement and Accountability.
- Month-long **DISCOUNTS** for participants at Nature's Pantry
- **AWESOME HEALTH AND FITNESS PRIZES**