

Program Dates:
Oct 1 – Nov 22

Kickoff Event:
10/1/19 | 12:15-12:45 PM
Harper 3029

[Sign Up](#)

Cost: \$25

(cash or check-made payable to Healthbreak)

Earn a \$25 gift card by:

- Attending 75% of onsite or Zoom meetings
- Attending pre and post coaching

BRAIN POWER PLATE

Boost brain health and lose weight with a healthy eating program anyone can follow!

Program includes:

- 8 week nutrition program
- Pre & Post biometric measurements
- One on one coaching
- Weekly group meetings