

# *Detox deliciously...* **WITH SMOOTHIES!**

In a culture where obesity and disease are out of control yet we insist all our food should be “fast,” isn’t throwing a bunch of fresh veggies & superfoods in a blender the perfect solution?

Yet many people simply don’t know where to start...join one of the region’s top educators for this unique and TASTY workshop and learn how just a few minutes a day can add years to your life!

Smoothies can easily become a major component of any whole-food diet and offer a myriad of health benefits including:

- Easy detox & natural weightloss
- Reduction of all disease risk & symptoms
- Balanced blood sugar & improved craving control
- Improved mood, sleep, energy & focus
- Strengthened immune system & stronger bones
- Age-defying skin, hair & nails



Participants can expect to walk away knowing how smoothies make “crowding out” poor food choices a piece of cake, the value of blending versus juicing, what to add and why you should add it, which blenders are best, great recipe suggestions, plus a whole lot more!

**WHEN:** Tuesday, September 30th, 7-9PM

**WHERE:** DelcoPhit, LLC (*in the L&M Professional Center*)  
1254 West Chester Pike, Suite 201-202  
Havertown, PA 19083-3348

**COST:** ONLY \$55

***BUT HURRY...***  
***IN-PERSON SEATING LIMITED TO 20!***  
***CALL 302-593-5005 BY SEPT 26TH***  
***TO REGISTER***

Jessica Lewis, CPT, CNC is a Certified Whole Food Nutrition Instructor & Lifestyle Coach

To learn more about all aspects of her unique private practice *Sculpt YOUR LIFE®*

click [www.SculptUrLife.com](http://www.SculptUrLife.com) or follow her on  
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