



Jessica Lewis, Founder of *Sculpt YOUR LIFE*  
presents

# Whole 30 ***DONE RIGHT!***

In the last decade several million people have tried the Paleo diet on for size...we'd all have to agree that Paleo is pretty popular, right?

Boiled down, "Whole 30" means nothing more than whole meals composed of whole food for a whole month. And ANYONE looking to improve their health (regardless of their weight) would benefit from this sustainable and EASY lifestyle!

But here's the problem: in order for a really good idea to become really popular it has to morph into something slightly different and Big Food still wants a big piece of the less-processed-food pie.

***So remember...just because the label says "Paleo" doesn't mean it is (in fact, these days, often the reverse is true) and just because your friends tell you they've done a Whole 30 doesn't mean they can show you how to do it.***

And if you're ready to improve your entire relationship with food, plus your self-esteem, energy, sleep, and disease symptoms WHILE LOSING WEIGHT then you're ready for this fun, innovative, and unique workshop led by the area's top educator (who, BTW, was trained by the Whole 30 *innovators*.)

Just sign up and see for yourself how easy a **Whole 30 *DONE RIGHT*** can be and you can expect to walk away with:

- Money-saving shopping tips
- Meal planning templates
- Success stories
- Cooking demonstrations
- Ideas for healthy, quick (and even portable!) meals & snacks

**WHEN:** February 20th and 27th, 6:30 – 8 PM

**WHERE:** Hockessin Chiropractic Centre, 724 Yorklyn Road (The Stone Mill), Suite 150

**COST:** \$83

***BUT SEATING IS LIMITED...PRE-REGISTER NOW!  
CALL 302-593-5005 BY FEBRUARY 13<sup>TH</sup> TO RESERVE A SPOT!***

For more info on Jessica Lewis, CPT, CNC and her comprehensive Lifestyle Coaching private practice, visit [www.SculptUrLife.com](http://www.SculptUrLife.com) or like her on Facebook: <https://www.facebook.com/SculptYourLifeJessicaLewis/>