

# CORE CHANGES™

Brought to you by **Absolute Wellness Group, LLC.**

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## NUTRITIONAL PROGRAMS

### **Transitions™ Lifestyle System**

\*Individual, Family, Group, and Webinar programs

\*A 12 week program designed to target the loss of body fat, not “weight”. A program designed for those wanting to improve their health or manage their weight.

### **Grocery Store Tour**

\*The perfect add-on to Transitions™ program, we will go to the grocery store with you and help you learn how to read labels. Individual or small groups, we will spend as much time as you need going through the aisles, taking the mystery out of label reading!

### **Kitchen Pantry Assessment**

\*Curious if what you have in your kitchen is in line with your goals? We can help you! We will come to your kitchen and go through your pantry, and refrigerator with you! Helping you read labels and understand what you should keep and giving you suggestions for the next time you go shopping.

### **Natural Health Seminars**

\*Learn about your digestive system and how it impacts your health and weight management goals

### **Reading Labels**

\*All sweeteners, fats/oils, and grains are NOT created equally. Learn to read the actual ingredients so you can make a better educated choice about how you fuel your body.

### **Steps To A Healthy Lifestyle**

\*Tips from our 12 week program to help you get started down the right path.

