

New Option Coming Your Way..

HMR Healthy Shakes Class



Diet Plan: 3 HMR shakes, 5 cups of fruits/vegetables, and 1 healthy meal of your choice per day

60 minute class: Wednesday – 4:00 pm

Program cost averages about \$65 per week

No medical supervision or initial medical visit required.

We're ready when you are! **Start anytime!**



For questions or additional information please call 238-4774.

****Prices may vary depending on product purchased.**