

Plant Powered Eating

Discover the Benefits of Delicious, Whole Foods

A plant-based diet has been shown to significantly help with weight loss, improve digestion, lower cholesterol and triglyceride levels, and improve blood sugar and blood pressure control. All made possible by eating more delicious, whole foods.

Join Anthony Disen, MA, RD, Holistic Health Educator on a 10 week journey about how and what simple changes in your diet can make big changes in your health and wellness.

Plant Powered Eating • 10 weeks: June 12th – August 14th
3:30pm – 5pm or 5:30pm – 7pm • \$169

To register or learn more:

732.308.0570

lifelifewellnj.com/events

CentraState Employee Incentive

Complete the minimum program goals and earn a \$75 incentive back!

Payroll deduction option available



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