



- ☑ Improve your digestion and eating habits
- ☑ Reset Body and Mind and have mental CLARITY
- ☑ Eat REAL FOOD
- ☑ Sleep Better
- ☑ Reduce Inflammation and bloating
- ☑ Decrease your cravings for sugar and junk food
- ☑ Drop some holiday weight
- ☑ Cleanse system of harmful toxins

Join us for a 10 Day Group Cleanse Starting January 10!

Included in the program

- Orenda Clean Burn Shape 10-day Cleanse Products
- Daily Nutritional Coaching Emails
- Mid-way group coaching call
- Private Facebook Group just for Cleansers
- All meal plans and recipes
- BONUS!!! One session of your choice – Personal training, Chiropractic session, Pilates Reformer Session **\$120 Value**
- Cleansers will also receive 25% off FitDen Services through February 15th



Start off your 2022 the right way – reset your body AND mind! This cleanse is NOT about starvation. You will be eating an abundance of fruits and vegetables every day. No calorie counting here. Just nutrient dense low-sugar foods that will help control the hunger hormones in your body while you gently detox. This program will have you seeing and feeling results quicker than you ever thought possible.

Total cost of the program is \$249
(Normally \$340)

DEADLINE TO PURCHASE IS DECEMBER 31ST

*There will be an informational session at FitDen January 3, 2022 at 7:00 p.m. – if you are unable to attend, it will also be available via Zoom

“The way to get started is to quit talking and begin doing.” – Walt Disney



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