



It's Time for Change...



*This Fall, don't just change the clocks,
change your **eating habits**, change your **body** & change your **life**.*

One Human Performance is offering another one of their extremely popular **Group Nutritional Cleanses** starting on Thursday, November 11.

If you are ready for change, take charge of your health and join us for a 10-Day experience of energy, education and empowerment!

The journey begins Thursday, November 11 at our "Start-Up" Meeting held at One Human Performance Center in Pine Brook at 7:00pm. This very informative 90-minute workshop will give you the recipe for creating optimal health and vitality through nutrition. Together we will discuss the common emotional and mental challenges associated with *The Cleanse*, as well as the eating and supplement plan, food shopping tips and meal preparation guidelines.

On Tuesday, November 16 we will have our "Check-Up" Meeting at 7:30pm. This is our opportunity to answer any questions and share our personal experiences as we approach the half-way point of the cleanse.

Our "Wrap-Up" Meeting will then take place on Saturday, November 20 at 12:00pm, where will discuss how to continue feeling your best beyond *The Cleanse*. At this meeting we will lay out a plan for realistic healthy living and how to avoid the pitfalls of fad diet and exercise programs.

The Cleanse will be led by **Eric D'Agati**, Owner and Director of **One Human Performance Center**. Eric has coached hundreds of clients with his unique approach to nutrition, lifestyle and exercise. Here is what some of his clients have had to say about their *Cleanse* experience:

"I have a renewed energy and have been able to lose 23 pounds in just one month since starting *The Cleanse*" - Brian B.

"My chronic aches and pains began to disappear with each passing day, and by day ten, I was totally pain-free!" - Paul M.

"It was refreshing to experience a diet plan that allowed me to feel more healthy without constant cravings or feeling deprived" - Kathy D.

Fees for *The Cleanse* must be paid in advance and are as follows:

\$150 - Includes all Coaching, Meetings and Supplements
(Highly recommended. Must register by 11/8)

or

\$75 - Coaching & Meetings Only

Space is limited for this very special event.

To register today, please call 973-882-3366.



