

# Reset & Rebalance

## FOR WEIGHT LOSS

**Covered 100% with no cost by most insurance plans including Aetna, BCBS, Cigna, and UHC!**

### PROGRAM DETAILS

- Now with fresh updates you'll love — new tools, resources, and personalized guidance!
- 8-week program that teaches the fundamental skills around supporting the entire body for weight loss and long-term health
- Topics include a reset week, building balanced meals, meal planning, mindful eating, and physical activity
- Option to partner with a Registered Dietitian (RD) who will support you through the new changes and customize each week's lesson to your life and goals
- Includes comprehensive workbook with resources including recipes

### CLASSES BEGIN THE WEEK OF JANUARY 13

#### Online Class Schedule

Tuesdays at 4 pm ET | 1 pm PT or  
Thursdays at 12 pm ET | 9 am PT



**REGISTER NOW**



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CUSTOM WELLNESS

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