

# Reset & Rebalance

## YOUR BLOOD SUGAR



Covered 100% with no out-of-pocket cost by most health plans including Aetna, BCBS, Cigna, and UHC!

Summerfield's interactive online program, via Zoom, explores the real-life factors that influence blood glucose levels. Gain practical tools to lower blood sugar, improve insulin sensitivity, and feel confident navigating daily choices.

### PROGRAM DETAILS

- Supports people with insulin resistance, including diabetes, pre-diabetes, PCOS, Cushing's, sleep apnea, and fatty liver disease, or anyone interested in optimal blood sugar balance.
- Move beyond carb counting with practical tools and simple weekly changes that build lasting, real-life health.
- Work alongside a Registered Dietitian who guides you every step of the way and tailors each lesson to your goals and lifestyle.
- Includes a comprehensive workbook with recipes, reference guides, worksheets, and easy meal-planning tools.

### CLASSES BEGIN THE WEEK OF MAY 5

#### Online Class Schedule

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

**REGISTER**  
**NOW!**



**SUMMERFIELD**  
CUSTOM WELLNESS

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