

# Healthy living made easy!

On May 11th, I will be pre-launching NutritionMontreal's first online program to help you reach a healthy foundation for a better future and put an end to the dieting cycle.

This program will be launched for the price of \$250 (more than 50% off an individual consultation). But, since you are invited to the pre-launch, I am offering it for **\$100!**

## What is included in the online group?

- ❖ 4 weekly online talks of 45 min. via Google Hangout
- ❖ Free membership to a private Facebook group to answer concerns, questions and stay connected to new tools & health information
- ❖ Weekly handouts, recipes and tips to help you progress & maintain your new habits

## The topic:

- ❖ Build a healthier physical foundation for a stronger mental & physical body
- ❖ Goal: eliminate sugar cravings, increase energy and reach a healthy weight, and build a support system

## What is needed on your end:

- ❖ An internet connection and access to a computer, iPhone, iPad or Android
- ❖ Connect with us via the private Facebook group so as to help you benefit from the program

So, do you want to be part of this great program? With only 8 participants per group for a more personalized approach, contact me now and reserve your spot!

Here are the scheduled times for the pre-launch:

- English program: Wednesdays 7pm or Thursdays 12pm
- French program: Wednesdays 8pm

Sincerely,

Dina Merhbi, P.Dt., Registered Dietitian/Nutritionist  
Founder of NutritionMontreal ([www.NutritionMontreal.ca](http://www.NutritionMontreal.ca))