

# Live a Happier Healthier You



Boost your Immune system  
Gain more Energy  
Sleep Better  
Look better  
Curb Sugar Cravings  
Crave Healthier Foods

**Smoothie Demos**  
**Fun Easy Recipes**  
Learn how to become in “ingredient detective” in your daily products & simple ways to keep your home, body & pet chemical free!



Please join us  
Wayland Ma  
Sunday, November 15th @ 4:00pm

Co Hosted by Sarah Pappo & Joey Levin

RSVP [jflevin63@gmail.com](mailto:jflevin63@gmail.com) 617-851-3446

RSVP [Spappo8@gmail.com](mailto:Spappo8@gmail.com) 617-645-9943