

Spring Fling Clean Eating Program

Do you want to:

- *Lose a few pounds before summer
- *Tone up your beach body
- *Make food prep easier and more fun
- *Learn new recipes
- *Give your body a light cleanse
- *Make clean eating a lifestyle

Just \$49

It's **SPRING CLEANING**
for your body!!!

Join Us for a 5 Day Guided Program APRIL 23-27

Private Facebook Group, Daily Email Support, Introductory "Prep" Class on April 18th (In Person or by Video), Shopping Lists, Prep Guide, Recipes, Workout Tips, Self-Care Tips, Spring Clean Your Life Workbook, Follow Up Class on April 28th (In Person or by Video)

**PLUS \$25 OFF \$100 Purchase Coupon for Surf Unlimited Mercantile*

**Treat yourself to a new outfit for your summer body! PLUS special discounts on follow-up Health Coaching.*

To Register: Call Body Edge Fitness 910.575.0975
or Beth Mincher 832.506.9961 beth@bethmincher.com

**BODY
EDGE**
OCEAN ISLE BEACH, NC
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