

**IS YOUR BODY TIRED OF  
EATING THIS ALL SUMMER?**



# *FALL Detox*

**ARE YOU READY FOR A DETOX  
AFTER A SUMMER OF INDULGENCE?**

**SCHEDULE YOUR NUTRITION CONSULTATION  
WITH CATHY STRATTON, RD TODAY!**

**MOST INSURANCE PLANS ACCEPTED.**



## **3 EASY STEPS**

- 1 Choose Your Foods**
- 2 Design Your Menus**
- 3 Make Your Shakes**

FOR MORE INFORMATION CALL (631) 271-7820,

EMAIL [FOREVERFITGYM@OPTONLINE.NET](mailto:FOREVERFITGYM@OPTONLINE.NET) OR STOP BY THE FRONT DESK!