Kickstart: 6-week Transformation Programme

Transform your health by practical application of healthy living.

Is your 2021 goal to:
• Lose weight?
• Eat healthy?
• Get fit?

What to expect
• Healthy diet and lifestyle changes to help optimize your health
• Customised nutrition solutions
• Weekly accountability follow-up sessions
• Practical meal planning skills on a budget
• Demystify diet myths that are hindering your progress
• Ditch the fad diets
• Adopt healthy habits for a balanced diet
• Ongoing support throughout the programme

Duration
8th March - 24th April 2021

To enroll or more information contact:
Tel: 0741 272 213, 0703 034 001
Email: sunutritionist@strathmore.edu
Visit: sumc.strathmore.edu