



## **JANUARY CLEANSE 2019**

### **(Digestive Detox with a Difference)**

#### **Key dates and location:**

- Cleanse biometrics:   **Before:** Thursday 17<sup>th</sup> January, 12.30 – 2pm  
                                  **After:** Monday 5<sup>th</sup> January, 12.30 – 2pm  
                                  This is optional! Drop in to my office for measurements. Add your name to the board and I will work my way through the list as quickly as possible!  
                                  Location: Natural Nutrition, 3<sup>rd</sup> Floor, Mechanics' Building, 12 Church St (opposite City Hall car park. Same building as Speciality Theatre.)
- Cleanse intro:           Thursday 17<sup>th</sup> January, 6pm  
                                  Location: Natural Nutrition (if we have a lot of people we will add another session at 7pm – please keep an eye on your email!)
- Cleanse dates:           21<sup>st</sup> Jan – 3<sup>rd</sup> Feb
- Coaching seminar:      Date TBD at Natural Nutrition. Please note that some info and a worksheet will be included in the Cleanse. This seminar is for those of you who would like to explore your behaviours and habits in more detail. There will be a small additional fee.

#### **Your details:**

1. Name: \_\_\_\_\_
2. Gender: M / F (please circle)
3. Age and Date of Birth (DD/MM/YY): \_\_\_\_\_
4. Phone & Email: \_\_\_\_\_
5. MEDICAL NOTE

Natural Ltd provides lifestyle tips and dietary advice for *preventive* healthcare purposes only. Our strategies are not intended as medical advice or for diabetes management (or for

management of any other disease.) If you have a medical condition, please obtain your physicians approval prior to following our advice. Regardless of your health status, please note that Natural Ltd and its associates do not make any representations about the suitability for a particular individual and cannot be held responsible for any injury sustained or medical issue resulting from participation. Individuals participate entirely at their own risk. Please indicate your acceptance of these terms by signing here:

Signature \_\_\_\_\_ Date \_\_\_\_\_

#### 6. PAYMENT DETAILS

MEMBERS – FREE 😊

NON-MEMBERS - \$85

Please pay via online transfer (Natural Ltd, Clarien Bank, 4710912072.) Thank you! Cash or Cheque (to Natural Ltd) is ok at biometrics or intro night 😊.

Please indicate your payment details:

☐ Current Natural Nutrition Member # \_\_\_\_\_

☐ Non-member (\$85)

Payment method: \_\_\_\_\_

Membership details online at [www.natural.bm](http://www.natural.bm).

Please return this form to Catherine at [Catherine@natural.bm](mailto:Catherine@natural.bm). Thank you! 😊