

# REFRESHER COURSE



Real health.  
Real life.  
Real food.

**COST: \$40**  
(reimbursable under most  
Argus, BF&M and Colonial  
insurance plans)

Nutrifit is designed to be a lifestyle change, for good! But life happens and it's easy to slip, especially with distractions like COVID-19.

If you have done the program before, but you just need a refresher, then please join me for a 90-minute seminar to get you back on track.

Due to social-distancing policies, space is limited, so pre-registration is essential. Attendance in person is encouraged but you may want to join us online if you prefer.

**DATE + TIME** Tuesday, August 25th at 12.30PM or 6PM

**LOCATION** Ideation House at The Waterfront

## Catherine Burns

Nutritional Therapist BA Hons, Dip ION, mBNTA



Catherine Burns is a fully-qualified Nutritional Therapist with 16 years clinical experience, trained by the Institute for Optimum Nutrition in London, UK. She writes a weekly column for The Royal Gazette, is President of the Bermuda Nutritional Therapy Association, heads up Waterfront Wellness and is AVP of Nutrition, Wellness and Community Health for The Waterfront Group.

### PROGRAM INCLUDES:

Recap of the six key principles taught through Nutrifit.

Help figuring out your goals and sticking to them!

Two-weeks of completely new meal plans + recipes.

Virtual Zoom grocery store tour!

To sign up,  
please go to  
[www.natural.bm](http://www.natural.bm)

