

REAL Results, using REAL Food, for your REAL Lifestyle



# BALANCED

# habits

28 day Kickstart  
Nutrition Program

**Transform your health with the  
Balanced Habits 28-Day Nutrition Program.**

Work one-on-one with a dedicated food coach who provides the tools and knowledge to help you build better habits. Create lasting results while boosting your metabolism, increasing energy, and staying accountable every step of the way.



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### Personalized Plans & Daily Educational Tips

Delicious recipes using REAL food, perfectly portioned just for you. Make this a lifestyle, not a diet.

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### Certified Food Coach

One-on-one guidance, support and accountability.

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### Weekly Individual Weigh Ins

Track your progress and stay motivated.

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### Learn More

Watch our [informational session](#).  
Contact Katy Momirovic at 440.816.4222 or [kmomirovic@swgeneral.com](mailto:kmomirovic@swgeneral.com).



**Next Session Starts  
MAY 29**

**Early Bird \$159**  
by Monday, 5/18/26  
**Regular Fee \$179**

Last day to register is Friday,  
5/22/26. Program is non-  
refundable after 5/25/26.

**Register Now**  
Register at the  
LifeWorks Service  
Desk or call  
440.816.4202.