

# Be Nourished.

Healthy Eats  
Challenge

How we eat affects everything in our lives.

## Benefits of Healthy Eating:

- Enhances mood
- Mental well-being
- Controls weight
- Combats disease
- Boosts Energy
- Enriches Sleep
- Improves Aging
- Increases Longevity

Who is this for?

The person wanting to grow their business...

The overwhelmed, overly tired mama...

The ones wanting to make a change in their life...

The retired...

SHARE - because everything we do has a ripple effect.

Social: @KimberlyAnnPrice

Kimberly Ann Price



#IAMunstoppable

# June Healthy Eats Challenge

Kimberly Ann Price 

**#IAm  
Unstoppable**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

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