

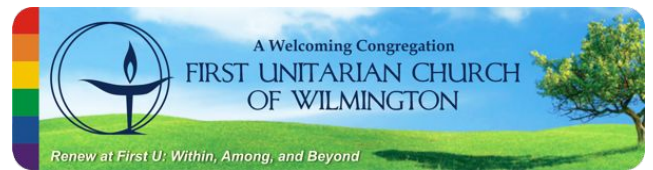
Join in the First Annual



brought to you by



PROGRESSIVE
Health of Delaware
YOUR WELLNESS CENTER



David Donohue, MD

We challenge you to discover a healthier you!

For 15 days, we will ask you to rethink your lifestyle and focus on optimal health.

We will help you achieve the optimal sleep, exercise, and nutrition that your body needs to be its best.

We will help you try out a whole foods, plant based diet.

Tue October 1, 6:30pm

Sat October 5, 11am

Sat October 12, 11am

Sat October 19, 6pm

Introduction at First Unitarian Church of Wilmington

Kickoff at Springer Middle School

Support at First Unitarian Church of Wilmington

Celebration & Potluck at First Unitarian Church of Wilm

Price: **FREE**. All participants get a FREE Success Kit. Low cost healthy lunch will be served on Oct 5, 12. Bring a plant-based dish to share on Oct 19!

Signup at progressivehealthproject.com