



Agathe Holowatinc and Teresa Perozzi have joined forces.

We'll help you get
YOUR GOALS



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 **Fuelled**
cooking demos



Transform Your Body | Enhance Your Energy | Supercharge Your Life



integrative nutrition reach your goals

- Do you think that cooking is too hard or not worth the trouble?
- Do you see the supermarket as a place to pick up frozen meals and bags of snacks instead of fresh, healthy ingredients?
- Have you given up control of your diet to the fast food fare located nearby?
- As passionate advocates of real food and the **FUELLED** philosophy, we really want to support you in making step-by-step changes to your food and lifestyle so that you permanently reach your goals. And we are always up for supporting you to do so in a way that's enjoyable and easily integrated into your life.

➤ **So, how about scheduling a Cooking Demo?**

If you, or those in your organisation, are ready to make some real changes in your life and learn how to reach your weight, health and energy goals, we have a special option for you. We can present a cooking demonstration, of recipes from **FUELLED**, so you'll have the opportunity for undivided attention from someone who wants to support you to achieve your top health goals.

➤ Fuelled

Bermuda Ltd.



"Take care of your body. It's the only place you have to live." Jim Rohn

- And of course - enjoy some delicious food samples and take some new skills home with you!
- This session could very well be a turning point in your life. So, are you ready to make your goals a reality?
- Remember, this session is for you only if you are serious about making some lasting and positive changes in your life. We would be honoured to help you accomplish them.
- Pair this with a presentation, book sale and signing, or weekend workshop to further add an educational component to it.

➤ **Your next step is to schedule your Cooking Demo.**

Please contact us and start discussing it today.

FOOD
Unleashing
Energy for
LIFE™