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Do you think that eating healthy means giving up snacking?

Do you feel guilty every time you eat between meals?

Do you find yourself trying to avoid eating between meals only to end up ravenous and overeating at your next meal?

**Healthy Snacking Challenge**

Join us for this wonderful two-week challenge!

You will be encouraged (yes, ENCOURAGED) to enjoy 2-3 snacks per day with only one catch:

**You MUST make only healthy choices at snack time!**

Guidelines for the challenge will be provided at the outset along with a log sheet where you can track your daily progress. You will also receive two weekly emails with some great snack ideas, recipes, tips & encouragement!

This is a fun (& delicious) challenge perfect for anyone who wants to feel great & get healthy – we encourage you to join us!

To sign-up, you can contact your EWSN wellness coach via email:

**name@ewsnetwork.com**

Presents: