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Join us for this upcoming two-week challenge!

You will be asked to give up ALL ADDED SUGARS for 14 days, including refined sugars, natural and artificial sweeteners!

Guidelines for the challenge will be provided at the outset along with a log sheet where you can track your daily progress.

If you’ve been looking for a great way to jump start a new healthy lifestyle, this challenge is a great chance to do just that!

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

[**name@ewsnetwork.com**](mailto:name@ewsnetwork.com)

**Or other way to register…..**

Are you guilty of succumbing to the vending machine on a daily basis?

Do you feel powerless to resist the call of treats brought in by co-workers?

Would you really like to make a change in your health but aren’t sure where to start?

**No Sugar Challenge**

Presents: