

# BramLife Nutrition & Wellness Challenge

## Fall Back Into Optimal Health!

Whether your goal is weight loss or wellness, the  
**BramLife Nutrition and Wellness Challenge**  
is the program for you!

Join our 8 week nutrition challenge which includes:

- 2 Nutrition Seminars
  - Kickoff: Monday, September 24th
  - Follow-Up: Monday, October 22nd
- Before and After Measurements
- Online Journal Reviews via MyFitnessPal
- Social Media Support and Info (Private Group)



Offering both personalized coaching and corporate nutrition programs, Nutrition CPR can help you make lifestyle changes to identify and support your health goals.

Owner and founder, Jaime Coffey Martinez MS, RD, is a Registered Dietitian with over seventeen years of experience in the fields of medical nutrition therapy, weight loss, functional medicine, corporate wellness and fitness, private nutrition coaching, and pharmaceuticals.



**\$125/residents**

**\$150/non-residents**

Email [programs@brambleton.org](mailto:programs@brambleton.org)

for more info and/or to register.

Minimum 15 participants



Contact Nutrition CPR today to start a healthier life now:  
[info@nutritioncpr.com](mailto:info@nutritioncpr.com) | (703) 674-8014