### JOIN THE MOVEMENT

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THE **BANIEL** PLAN

40 DAYS to a HEALTHIER LIFE



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#### You're invited to join us!

Join us for a 6-week series called The Daniel Plan – 40 Days to a Healthier Life. This is a groundbreaking approach to achieving a healthy lifestyle that is both transformational and sustainable. The Daniel Plan is centered on five essentials that will guarantee your success: faith, food, fitness, focus, and friends.

### So are you ready to revolutionize your health once and for all?

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