

Ready to spring into a

healthier You?

POWERED BY GOTRIM™ SYSTEM



March 30

April 6

April 13

April 20

April 27

May 4th

Overview and Pre-Tox

Stabilize your blood sugar

Nutrition basics and label reading

Boosting metabolism

Stress, Sleep

Holding the Wellness Pattern

Mondays at 6:30 PM

Includes professional education, practical recipes and menu plans, targeted supplementation, and ongoing support to help you stay on track.

To register: Call us at (701)751-0384

\$299.95

Jump Start Kit

Daily Essentials Packets

Nutri Clean Detox Kit

Continuous Glucose Monitor

GoTrim Core, GoTrim Shake, GoTrim Tea



TKTC Health and Wellness Clinic

1421 South 12th st. 58504

Online access through Zoom available!

Valerie Meyers - Holistic Mental Health Counselor

Pam Torgerson - GoTrim Trainer and Certified Coach

Alexis Meyers - Nutrition and Behavior Coach

