



# Functioning for Life™ Nourish

## What happens now?

You have made it to the next phase of your plan. You have rid your body of the toxic, health-robbing, waistline-sabotaging foods and substances. You have replaced them with whole, real, fresh foods. You are empowered with knowledge and tools to make the best decisions for your body.

This program is a continuation of the Functioning for Life journey that provides tools and tips to accelerate your nutrition plan.

## Why Nourish?

Functioning for Life Nourish uses the power of ongoing support and guidance to help you maintain and sustain.

## The Functioning for Life Nourish program will:

- Teach culinary skills to incorporate more variety into your eating pattern and jump start your day.
- Provide tools and practical tips on how to accelerate your nutrition plan and continue your new way of life.
- Deliver a positive group dynamic to maintain motivation and accountability.
- Accelerate your nutrition plan and continue your new way of life.

This program meets every week over the course of 4 weeks.

Nutrition appointments are covered by many insurance companies, please verify coverage with your health insurance provider.

To register for the Functioning for Life Nourish program, visit [Clevelandclinic.org/FFLNourish](https://Clevelandclinic.org/FFLNourish) or call 216.444.8716