

Calendar at a glance:

March 5th- March 31st- Go GREEN Challenge
March 13th- BRF Exercise Class @6pm
March 23rd- Mercy Multiplied Charity Run
March 27th- BRF Exercise Class @6pm
 
***What do I do?***

It’s simple just replace 1-2 meals each day with all *HEALTHY*
green foods.

***How long does it last?***

That depends on how you **LEVEL UP**

**Level 3**: 10 day challenge

**Level 2**: 20 day challenge

**Level 1**: 30 day challenge

**Level GREEN FIEND**: All vegetarian meals for 30 day challenge

See the front desk on more ways to GO GREEN!!



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