



[CHECK OUT OUR DELICIOUS AND NUTRITIOUS MENU](#)



Healthy Meal Smoothie  
"The Perfect Meal"



Energizing Herbal Tea  
"Cardio in a Cup"



Soothing Mango Aloe  
"A Shower Inside"

**Our Mission is Nutrition!**

[Click to see hours of operation & upcoming club events](#)

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- **Featured Products: Simply Probiotic** - How's your microbiome!

**Club Update: New Coach Positions now available!**

Very excited to announce that we will be hosting a new Herbalife Opportunity Meeting (HOM) in order to find our newest batch of coaches for training beginning in September. Who do YOU know who would like to earn extra money P/T around what they are already doing helping people get healthy? Details below...



Live cross-country club webinar presentation being hosted at [Midwest Nutrition - KC Metro](#) on **Tues, Aug 29 at 6:30pm**. PLEASE ARRIVE 15 minutes early for check-in.

Coaches will be on hand after the presentation to answer any questions. All are welcome so bring a friend 🙌

Remember, for things to change, YOU must change! See you at the club

## Success Story of the Month - Kathy

KATHY - STARTING WEIGHT 688 LBS



People who use Herbalife Formula 1 twice a day as part of a healthy lifestyle can generally expect to lose around half a pound to 1 pound per week.

**Now 285 lbs...Lost 403 lbs !**

Kathy's transformation is nothing short of mind-boggling! Her motivation to be able to do things that 'normal' people do like ride a roller coaster or sit in a movie seat really moved us. To hear how strong a person's passion for change can be and then to watch them follow-through...well, it's special 🤝



## Weight Loss Challenge Update

*Our Summer Sizzler challenge is off to a rocking start with amazing results through Week #7!*

We are so excited for all of the people who have started on or continued

their journey with us here in our current session. So inspiring to watch people commit to better health!

**Here's our current leaderboard and the competition will be heating up through the coming weeks!**

	Participant	Change (lb)
1	Ruben S	-15.60
2	Michelle C	-12.80
3	Jami C	-12.80
4	Cheryl B	-11.00
5	Jonna J	-11.80
5	Kasey W	-10.00
6	David A	-9.40
7	Michelle S	-7.80
8	Holly S	-9.20
9	Jessica S	-6.40
10	Shelly B	-6.20

Next challenge starts 9/18. For more info, visit [www.MidwestWellnessClub.com](http://www.MidwestWellnessClub.com) or email us at [info@MidwestWellnessClub.com](mailto:info@MidwestWellnessClub.com)

## BACK TO SCHOOL, BACK TO SHAPE 2017!

### *Nutrition Class Topics Include:*

- *Protein, Carbs, Fats*
- *Digestive Health & fiber*
- *Hydration, Food Shopping*
- *Changing Your lifestyle*
- *Stress, Metabolism & Acidosis*
- *Dining Out, Label Reading*
- *Nutrition & Disease Links*
- *Family Nutrition*
- *More!*

## START YOUR TRANSFORMATION TODAY!



***Are YOU ready to make a change?***

READY TO COMMIT TO THE BEST YOU THAT YOU CAN BE?

Coaches are on hand for questions and counseling as well at each Nutrition Class.



These nutrition and weight loss events are the talk of the town and we want YOU to be our next challenger!

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## *Featured Products*

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Simply Probiotic



- Delivers 1 billion active probiotic cultures
- Up to 70% of BC30 cells survive the gastric journey to colonize the gut
- Helps provide balance to good and bad bacteria. Healthy microbiome!
- Zero calories
- No added flavors, colors, sugars or sweeteners



Midwest Nutrition Newsletter  
[here](#).

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