



# THRIVE PROGRAM



## TAKE CONTROL

RDRx Nutrition's Thrive Program is designed to give you the proper tools to sustain, learn, & manage a healthy diet customized to your lifestyle.

## GEAR UP

Choose between the 4-week or 8-week Thrive Program to get materials & get started.

## STAY CONNECTED

You will be coached and supported by a Registered Dietitian, Haley Hughes.

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