

AT THE ORANGE COUNTY SPORTSPLEX

Sugar Reset



7 days. 2 simple habits. Real support.

Tired of sugar cravings and afternoon energy crashes? Not sure where to start?

For one week, you'll practice two simple habits that are easy to stick with, with daily guidance and accountability.

- ✓ In-person kickoff at the Sportsplex
- ✓ Daily online coaching and support
- ✓ Food guide, grocery list and daily tracker
- ✓ No tech skills needed, just your phone



Vanessa Kadlac

NASM Certified Nutrition Coach

WHEN

Oct. 24–31

Kickoff Saturday, Oct. 24 at
11:00am

CLASS FORMAT

Hybrid

Kickoff in person at the Small
Studio, then online

COST

\$99

for the full 7-day program

Register today

Scan the code, stop by the front desk, or call (919) 644-0339

Questions? Email sgreen@oc-sportsplex.com for more details

Registration closes Saturday, Oct. 24, 2026



Orange County Sportsplex • 101 Meadowlands Dr., Hillsborough, NC 27278

This program is for educational purposes only. It is not intended to diagnose, treat, or cure any medical condition and is not medical nutrition therapy.