



**Metabolic Reset:
Unlocking the Path
to Sustainable
Weight Management
and Energy**

You're invited to our
FutureLab
TRAINING PROGRAM

**In this session, we'll examine the
role of metabolism in shaping your
energy levels, weight management,
and overall well-being.**

**Discover how to reset your
metabolism and unlock the
key to sustainable weight
management and enhanced
energy levels.**

You'll learn strategies to optimise metabolic function, balance blood sugar levels, and support sustainable weight management without restrictive dieting. We'll break down the physiological connections between metabolism, nutrition, and lifestyle habits, and how these can help you achieve a healthier, more energetic you.

We'll also discuss how the FutureLab range can support metabolic balance, energy production, and overall vitality, with practical advice on incorporating these into daily life for long-lasting results.

Engage with live polls, interactive discussions, and a Q&A session that will provide actionable insights for you or your customers to apply this knowledge and improve long-term health outcomes.

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REGISTER BELOW:

**Tuesday, April 15th 2025
@ 12:30PM AEDT**

<https://my.demio.com/ref/5ejfDCTfqW65HPzD>



**Wednesday, April 30th 2025
@ 12:30PM AEDT**

<https://my.demio.com/ref/vmqeYqERgeesQrv7>



For any queries, please contact:

E: info@melrosehealth.com.au | P: (03) 9874 7800