

POWERFUL BRAIN HEALTHY BODY CHANGE GROUP



**SIGN UP TODAY!
SEATING IS LIMITED!**

This Change Group uses the most current knowledge in the fields of brain science, psychology, nutrition and exercise to help participants create lifelong habits for a healthy life. Learn from experienced mental health counselors, nutritionists and exercise professionals. **Sign up today! Seating is limited!**

COST & HOW TO SIGN UP:

***Tuition Cost Waived** to employees covered through Blomquist Hale EAP program through employer.
(*\$285-Normal tuition.)

WHEN/WHERE:

Wednesday October 13, 2010
7:00pm-9:00pm (6 week course)
Nebo Learning Center
570 South Main Street, Springville, UT

This Powerful Change Group will teach you to:

- ✓ ***Change Your Brain to Empower Lasting Healthy Habits***
- ✓ ***Start the Creation of a New, Lasting Healthy Lifestyle***
- ✓ ***Unhook Reluctancy & Shed Unhealthy Habits***
- ✓ ***Eat for a Healthy Body and Lose Weight***
- ✓ ***Exercise for the Greatest Health Benefits***

Sponsored By:


BLOMQUIST HALE
EMPLOYEE ASSISTANCE PROGRAM

 **salus**
lifestyles

Sign up: www.blomquisthale.com/changegroup.php ~ For additional info 800-395-7850.