

POWERFUL MIND POWERFUL NUTRITION WORKSHOP



**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 all employees & family members covered through the Blomquist Hale EAP program.

(*Normal tuition is \$285.)

WHEN/WHERE:

Wednesday, March 9, 2011

7:00pm-9:00pm (6 week course)

USANA - Health Sciences Building

3838 West Parkway Boulevard - Salt Lake City, UT 84120

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:



Sign up: www.blomquisthale.com/changegroup.php ~ For additional info 801-262-9619