

LOW ENERGY?

ARE YOU TIRED? LOSE WEIGHT & GET RESULTS.



WELLNESS & LIFE CHANGING MOTIVATION WITH LIVE COACHING & PROVEN EXPERIENCE

This powerful workshop will teach you:

- ✓ ***Empower Lasting Changes - Naturally***
- ✓ ***A Vibrant, Healthy Lifestyle Forever***
- ✓ ***Unhook Reluctancy, Shed Unhealthy Habits***
- ✓ ***Eat For A Fast Metabolism***
- ✓ ***21 Day Challenge For Losing Weight***
- ✓ ***Exercise For The Greatest Calorie Burn***

Combine ***powerful mind*** & ***powerful nutrition*** to create individual change. This is not a new years resolution that fizzles away with time. This change group uses knowledge and nutrition to understand challenges and outputs lasting results. Sign up today! Seating is limited!

COST & HOW TO SIGN UP:

\$270 - Normal tuition. Price includes all needed materials.

****Tuition waived to employees & employee dependents covered through the Blomquist Hale EAP program through employer.***

Sign up at: www.blomquisthale.com

For additional information call **1-800-723-9330**.

BLOMQUIST HALE EAP+
Powerful Mind. Powerful Nutrition.

