

# 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**

**Blomquist Hale EAP+** combines powerful mind and powerful nutrition to create individual change. This is not a new years resolution course that fizzles away with time. This is a 8 week workshop that uses knowledge and nutrition to understand our challenges and outputs lasting results. Sign up today! Seating is limited!

### WHEN/WHERE:

**Thursday Feb. 26, 2009 ~ 7pm-9pm**

This is a 8 week life changing course that takes place every Thursday.  
*Blomquist Hale Offices* 860 E. 4500 S. #202 ~ Salt Lake City, UT

### COST & HOW TO SIGN UP:

\$189 - Normal tuition. Price includes all needed materials.

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

**Sign up at: [www.blomquisthale.com/wellness.html](http://www.blomquisthale.com/wellness.html)**

For additional information call 1-800-926-9619.

**BLOMQUIST HALE EAP+**  
Powerful Mind. Powerful Nutrition.

