



## *Mediterranean Edition*

- 16 Week Weight Management Program
- Pre & Post Biometric Measurements
- 4 One on One convenient Coaching Sessions (via in person, phone or Zoom)
- Mindfulness Workshops
- Group Support Sessions

**Cost:** \$25

**Earn your \$\$ back** by attending all coaching sessions, completing pre and post biometrics and post survey.

**Bonus:** Complete all the above **plus** lose at least 5% of starting weight to be entered into a drawing for a great gift!

**Dates:**  
Jan. 29 – May 11

[Sign Up Here](#)