

Healthy Living Support Group

A way to reconnect with former class members and stay on track!

 *Elliot Center for Advanced Nutrition Therapy*






Twice per Month

Wednesdays, 5-6p.m.

Cost: \$25 for 4 sessions

Ongoing support dedicated to your success!

This group will:

-  Keep you informed by providing new strategies and an opportunity to share ideas
-  Keep you motivated to succeed through regular weigh-ins and periodic body composition testing
-  And, keep you focused and offer opportunities to become energized again

(Optional, high-quality medical foods and supplements available)

For more information or to register, call 663-4524.