



Begin! be healthy. be fit. be happy.

Healthy lifestyle and weight management program



Begin is:

A new way of living, a new way of understanding, a new way of gaining control

A new way of learning, learning what to eat, how to eat, and when to eat

A new way of moving, moving through exercise

A new way to a healthier, happier you

It is time. Your time...to Begin!

Sign up for classes now!

Starts: March 4, 2015

Location: Kirksville Hy-Vee

- Session 1 – Individual, 60-minute consultation with biometric screening
- Session 2 – Portion Distortion and Volumize Your Plate, group class
- Session 3 – Nutrition store tour, group class
- Session 4 – Exercise, group class
- Session 5 – Individual, 30-minute consultation, measurements
- Session 6 – Fat and Sugar, group class
- Session 7 – Disease Prevention, group class
- Session 8 – Cooking Class, group class
- Session 9 – Emotional Eating, Plateaus and Weight Maintenance, group class
- Session 10 – Individual, 30-minute consultation with biometric screening

Cost is only \$290.00. That's only \$29.00 per session with your registered dietitian!

To register call 660-665-8335 and ask for Andrea Graham.