

Lose Weight, Feel Great and Get Healthy in 2012

- *Reach your weight goals without pain and suffering*
- *What foods keep you Healthy and full of Energy*
- *Lower your risk of Heart Disease and Diabetes*
- *Lifestyle choices that support your Wellness Goals*
- *How Fun, Exciting Exercise can change your life!*

Dansations School of Dance

1509 Rt. 38
Hainesport, NJ 08036
(609) 267-5924

Presents:

8 Weeks of New, Fun ways to Lose Weight and Feel Great!

Monday Nights January 30th through March 26th

(no class on Monday, March 12th)

6pm to 7pm or 8pm to 9pm

Offered by Jo Ann Roynestad, CHHC, AADP
of
Georgetown Health Counseling

Jo Ann is a Certified Holistic Health Coach that supports women in their weight loss and wellness goals. She is the Philadelphia Wellness Examiner; she coaches individuals and groups, and provides local lectures on health and wellness. Creating a goddess life that is passionate, happy and disease free is the mission of Georgetown Health Counseling. For more information please visit Georgetownhealthcounseling.com.

\$100 for 8 week program; must be paid in full at time of registration.