



A Resolution to Last

If you've set a New Year's Resolution in the past and didn't see it through - how about a new approach?

6-Week Workshop

1/9/2017 - 2/20/2017

What will this cost?

\$25 Startup Fee per Company

\$9.89 per employee for 6-week program

REGISTER NOW

Email: Info@BalancedWellnessKY.com

The Six Weekly Topics:

- ❖ **Reflection** - Determine what changes you want to make
- ❖ **Resolution** - Map out your journey
- ❖ **Resources** - Discover what motivates and inspires you
- ❖ **Resiliency** - Embrace your roadblocks to success and renew your resolution
- ❖ **Reach-Out** - Connect with others to keep you on track
- ❖ **Rejuvenate** - Love your body and treat it right

Program Description:

Join our 6-week workshop with any resolution you may have, such as weight loss, nutrition, stress-management, financial stress, or self-care! Balanced Wellness coaches will work with you as an ally to help you achieve your goals! Our phone app and online portal will provide you with tracking, education, challenging experience and consistent wellness coaching via digital and/or face-to-face sessions.

Balanced Wellness

