



12 Weeks to Better Health

WEIGHT & WELLNESS CLASS SERIES

Life changing. That's how people describe the Weight & Wellness class series.

Why? Because when they follow our anti-inflammatory eating plan, their heartburn disappears, they have more energy, they sleep better, have less pain, reduced anxiety, and balanced blood sugars.

The Weight & Wellness series is ideal for people who:

- Are curious to learn how nutrition affects health
- Are motivated by a health concern or family health problem and want to use nutrition to feel their best
- Want an eating plan based on real food, not packaged products

Through the series, people learn how nutrition can help manage or reduce symptoms associated with health conditions such as IBS, arthritis, asthma, depression, insomnia and more. In fact, 94% of program participants report better health in just 12 weeks!

Bring Weight & Wellness to Your Organization

Hosting a class is easy and can be done for 10-25 people.

Each week, one of our licensed nutritionists or dietitians comes to your location, typically over the lunch hour. Some employers pay for the class or subsidize it; at other locations the program is employee paid.

This comprehensive series covers:

- Digestive and intestinal health
- Cardiovascular health
- Balancing blood sugar
- Boosting metabolism and energy
- Getting a better night's sleep
- The food-mood connection
- Developing healthy habits

What our clients are saying...

"I feel so much better! My **mood is stable**, and I have so much **more energy**."

"This class dispels a number of myths about nutrition and **provides the studies and research** to back it up."

"I went from 12 Advil a day to 0 for hip arthritis!
Great class and great instructor."

Contact Nancy at 651-484-8952 or nancy@weightandwellness.com to learn more.



**Nutritional
Weight & Wellness®**

651-699-3438 | weightandwellness.com

© 2018 Nutritional Weight & Wellness, Inc.