

Wellness Workshop

Presented By: **Janee' Pereira, Certified Nutritionist**

EAT LESS, MOVE MORE

IS THERE MORE TO IT THAN THAT?

Do you desire to make healthier choices? Are you overwhelmed by where to start? Does it seem almost impossible?

If you answered YES to any of these questions, you will want to join us for our first MONTHLY wellness workshop. Spend an hour and a half with us on Saturday Morning February 22nd from 9:30am-11am. We will explore together how simple changes over a comfortable period of time can make the difference that you have been looking for. Our time together will be interactive or passive, wherever your comfort level lies. The opportunity for further one on one instruction will also be offered. Please join us- This may be the jump start you have been wishing for!

Woodstown Physical Therapy

Nutrition Counseling Services

FEBRUARY 22, 2014

9:30AM-11:00AM

IS THERE ANYTHING
MORE
IMPORTANT
THAN

YOUR HEALTH?

YOUR QUESTIONS ANSWERED

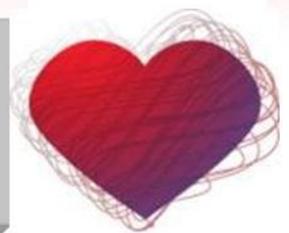
MOTIVATION

RECIPES

SMART ADVISE FOR A HEALTHIER 2014

SUPPORT

FAT SAVER GUIDE



Join us!

Space Limited

February 22nd

9:30am to 11:00am

Cost \$15

Call or Sign up Today for a guaranteed spot!

Woodstown Physical Therapy

Nutrition Counseling Services

84 East Grant Street
Suite 3

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