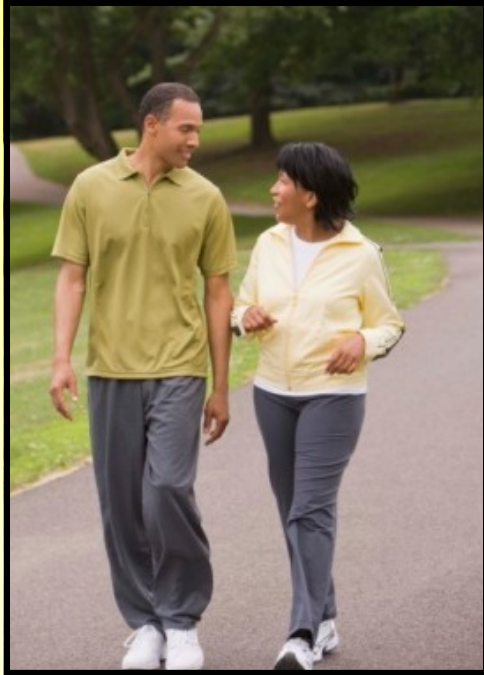


Eight Weeks to Wellness

In Eight weekly sessions learn to:



- Develop a healthy lifestyle
- Become more physically active
- Choose healthy fats
- Choose healthy carbohydrates
- Achieve and maintain a healthy weight
- Enhance mind-body connections
- Cope more effectively with stress
- Get preventive health checks

Thursday nights February 4 – March 25, 2010

7:00- 8:15 p.m.

First night 5:00 - 7:00 p.m.

initial health screenings

Augusta First Seventh– Day Adventist Church

4301 Wheeler Road

Augusta GA 30909

Preregistration \$10.00 / At the Door \$15.00 (includes all 8 sessions)

Pre-registration Call (706) 651-0412

(706) 364-2884 or (706) 860-5817