



FIRST STEP HEALTHY WEIGHT LOSS PROGRAM

TAKE YOUR FIRST STEP TOWARD A HEALTHIER LIFESTYLE

Program begins January 22!

8 week program includes:

- 3 individual nutrition sessions with our Registered Dietitian Nutritionist
- 6 weekly group nutrition education classes led by our Registered Dietitian Nutritionists
- 2 individual sessions with our Certified Personal Trainer
- 14 small group personal training sessions with our Certified Personal Trainers
- 2 months Sequoia membership
- Plus an additional 2 months of group support after the program!

Nutrition Education Classes
Tuesdays 5:30 - 6:30pm

Small Group Personal Training Sessions
Tuesdays & Thursdays 7:00 - 8:00pm
*Class times are subject to change

**Sign up at the front desk to
attend an informational session**

Join us on Tuesday January 15 at 5:30pm
to learn more details of the program.
Attendance is required to be able to
register.

For more details contact
our dietitians at
nutrition@sequoia-wellness.com



SEQUOIA
wellness

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