



FIRST STEP HEALTHY WEIGHT LOSS PROGRAM

TAKE YOUR FIRST STEP TOWARD A HEALTHIER LIFESTYLE

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 consultations with our Certified Personal Trainer
- 14 small group exercise 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**

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



SEQUOIA
wellness

4209 State Route 44
Rootstown, OH 44201
330.325.6102