



FIRST STEP HEALTHY WEIGHT LOSS PROGRAM

TAKE YOUR FIRST STEP TOWARD A HEALTHIER LIFESTYLE

Program begins September 28th!

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
Wednesdays 5:30 - 6:30 pm

Small Group Personal Training Sessions
Tuesdays & Thursdays 5:30 - 6:30 pm

*Class times are subject to change

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

Join us on Tuesday, September 16th at
5:30 pm to learn more details of the
program. A virtual Information Session will
be held September 23rd at 5:30 pm (Zoom).

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



SEQUOIA
wellness

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