



FIRST STEP HEALTHY WEIGHT LOSS PROGRAM

TAKE YOUR FIRST STEP TOWARD A HEALTHIER LIFESTYLE

8 week Program includes:

- 2 Individual nutrition sessions with our Registered Dietitian
- 6 Weekly group nutrition education classes led by our Registered Dietitian
- 16 Small group personal training sessions with our certified personal trainer
- Open to ALL: members & non-members

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

Small Group Personal Training Sessions
Tuesdays & Thursdays 6:30 - 7:30pm

*Class times are subject to change

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

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

For more details contact our dietitian,
Emily Workman RDN,
at eworkman@sequoia-wellness.com



SEQUOIA
wellness

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