

THE *Wow!* PROGRAM

Working On Wellness

A Transformational Group Program For Your Well-Being

YOUR BENEFITS

- Increased Energy & Overall Health
- Weight Reduction
- Better Attitude
- Motivational Structure
- Less Absenteeism
- Less Medical Office Visits
- Less Prescription Drug Dependency
- Overall Happier Sense
- Improved Morale

TESTIMONIALS

"I wish I had learned this in my teen years; one of the best things I have done for myself." S.F., Costa Mesa

"I was chronically ill with Candida that began a 4 year adventure in health learning. This was the last, and most important piece of my 'health puzzle'!" B.G., Newport Beach

"Over to programs, I've lost 90 pounds, off of a prescription med and feel my life is empowered again." CS, Anaheim

Note: Results based on individual degree of Commitment. Before beginning any weight loss program consult with your primary physician.

PROGRAM SUMMARY

- ✓ Instructed by Holistic Wellness Coach, Certified IIN
- ✓ A 7-Week Program Approved by Certified Nutritionist/Doctor
- ✓ 1st Meeting is a 2 Hour Orientation
- ✓ 7 (1 ½ hour) Instructional & Support Meetings
- ✓ Email and Text Support
- ✓ Weekly Holistic Health Tip
- ✓ Weekly Food Journal and Health Handouts
- ✓ Weekly Raffle Prizes



LOCATION AND START DATE

Ivy's Bridge to Better Health

Old Town Tustin across from
Armstrong Nursery
462 El Camino Real
Tustin, CA 92780
714.832.0750

Saturday, July 29, 2017
8am-9:30am

INVESTMENT \$197 Per Person

Meet at Ivy's Wellness Store/Cafe On Saturdays



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Wellness Coach
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