

WINTER WELLNESS WORKSHOP

LOOK **HOT** DURING THE **COLD!**

The holidays are a time where we typically stuff our face with Auntie's famous noodles and gravy, indulge in cute cut-out cookies, and skip the gym due to frigid temperatures and blistering winds.

This winter, make a change and get a headstart on your New Year's Resolution. Our Winter Wellness Workshop is led by a Registered Dietitian who has years of experience in the fitness and wellness industry. The workshop will focus on educating participants on how to effectively manage the temptations and stress of the holiday season so they can maintain or lose weight during these winter months.

SIGN UP NOW TO RESERVE YOUR SPOT
@ FITLINCOLNPARK.COM!

WEEKLY TOPIC	SUNDAY	TUESDAY
	12:30-1:30 PM	7:00-8:00 PM
1 BUILDING A HEALTHY PLATE	OCT 30	NOV 1
2 CHOOSING SMART CARBS	NOV 6	NOV 8
3 FATS 101	NOV 13	NOV 15
4 TRIGGERS, CRAVINGS, INDULGENCES	NOV 27	NOV 29
5 INCORPORATING HOLIDAY MEALS	DEC 4	DEC 6
6 SUPERMARKET SAVVY	DEC 18	DEC 20
7 NUTRITION ON THE ROAD	JAN 1	JAN 3
8 KEEPING YOUR DIET LONG TERM	JAN 8	JAN 10

WHAT TO EXPECT

Each week of this 8-week workshop will focus on a new topic and will include a healthy recipe card and quick tip to take home and try yourself.

Each class is 45 min long in content, reserving the last 15 min for individual questions. Reservations must be made 24 ahead of time to ensure a spot, unless the total workshop is purchased. Cancellations must be done 24 hrs prior to scheduled time to avoid being charged.

WORKSHOP PRICES

While it is encouraged that clients purchase the entire workshop for best results, each workshop session can also be purchased individually.

Per Session / \$40

Clients who purchase 1 session also receive:
+ 25% off one 60-min nutrition counseling session

Total Workshop / \$280 (\$35 per session)

Clients who purchase total workshop also receive:
+ 1 FREE Nutrition Counseling session (\$95 value)
+ 1 FREE Body Metrics analysis (\$20 value)
+ special prize for participants who achieve their goal of maintaining weight during the program!

* Discounts on nutrition counseling must be used on or before January 10, 2012. Limit 20 clients per class.

1963 NORTH HALSTED ST / CHICAGO, IL / 60614
INFO@FITLINCOLNPARK.COM / #312.929.2395



**FIT
LINCOLN
PARK.
COM**