

ONSITE GROUP COACHING

The Weight Is Over



Fresh notebook and sharpened pencils time!

Join Coach Lou in this 6 week fun and interactive group coaching experience to help focus on making lifestyle changes (like eating right and engaging in physical activity) that will help you lose weight and keep it off in the long-term. Each week we will be covering different topics related to weight loss.

Weekly, 50 minute group sessions will focus on 'the balancing act', grocery shopping and eating out tips, taming temptations, embracing positive thinking and managing stress to stay motivated.

Dates: Tuesdays beginning September 11th thru
October 16th

Time: 12:05-12:55PM

Register early...seating is limited!

Group Coaching sessions are held at **Capitol Square Healthcare** located on the **Mezzanine level of the James Monroe Building**



TO REGISTER: Contact Coach Lou Winterling, MS, NBC-HWC, CPT
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Offices located at Capitol Square Healthcare

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