New year, new you! Join Coach Lou to kick off the New Year with this 6 week 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. Weekly 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: Begins Thursday January 17th thru February 21st
Time: 12:05-12:55PM

Registration required for all 6 weeks. Register early...seating is limited and this group fills quickly!
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
Phone: 844-342-1791 x 8578
Email: lwinterling@activehealth.net
Offices located at Capitol Square Healthcare

ActiveHealth services are not affiliated with CommonHealth

The information is general in nature and is not a substitute for professional health care. It is not meant to replace the advice or care you get from your doctor or other health care professionals. If you have specific health care needs or for complete health information, please see your doctor or other health care provider. ActiveHealth and MyActiveHealth are registered or service marks of ActiveHealth Management, Inc. © 2016 ActiveHealth Management, Inc. All Rights Reserved.