



Debbie Levin of Embrace... a healthy lifestyle and Sharon Coyne of Healthy Balance, both Health & Nutrition Counselors have teamed up to provide a more comprehensive and complete Wellness Program.

Together we will discover what nourishes you, what fuels you and ultimately what makes your life extraordinary!

HERE IS AN OVEVIEW OF OUR PROGRAM AND ITS BENEFITS:

Initially you will meet with Debbie to:

- Identify your current body composition and establish realistic health and fitness goals.
- Discuss your current eating habits and your everyday foods likes and dislikes.
- Receive a personalized meal plan designed to achieve your goals and start you on your way to a healthy lifestyle, inclusive of
 - A complete shopping list
 - Recommended Brands
 - A guide to reading food labels
 - Literature on supplements, exercise and more.

Some benefits of this program:

- Improving your eating habits
- More confidence when cooking for you and your loved ones
- Natural Weight Loss
- Understanding Your Cravings
- Feeling better in your body and experiencing an increase in overall happiness.
- Increased Energy and Less Stress

Sharon will spend the next *Three Months* teaching you to maintain balance between mind, body and soul by:

- Meeting with you in person for an hour, twice a month and via e-mail in between.
- Accompanying you on a personal health food store tour.
- Providing food samples, self care products and easy recipes to make at home.
- Providing handouts and a monthly newsletter.
- Giving you access to a lending library of health & wellness books as well as recommendations of books and CD's.
- **Free** attendance to three seminars.
- A one hour private Yoga session.

The cost of this life changing experience is \$799.
See Debbie to get started or call 203-255-6674 to set up an appointment.

**MAKE TODAY THE DAY THAT
CHANGES YOUR LIFE !!! ☺**