

# Rocky Mount Lifestyle Health Center

## **Weight Loss Program**

### Promoting Physical, Mental & Spiritual Wellness

#### **Program Schedule – Fall 2016**

5 Sessions – Tuesday Nights  
Sep 6, Sep 13, Sep 20, Sep 27, Oct 4  
6:00 PM – 7:30 PM

#### **Program Content**

- Eat More to Weigh Less
- Practical Tips for Busy People
- Current Nutritional Strategies
- Physiology of Digestion
- Easy, Effective Exercise
- Trusting God with What's Eating You
- Achieving Lasting Results



#### **Program Fees & Materials**

**New Reduced Rate for All Participants**  
\$35.00 per person or \$60.00 per couple

Rate includes:

- Class Presentations, Food Samples, Water Bottle, and Handouts
- Complimentary Celebration Dinner for Participant and One Guest  
(Each Additional Guest \$5.00)

**Optional Amazing Health Cookbook or Bountiful Health Cookbook for Purchase**

- \$10.00 Each for Participants Only

#### **Program Location**

Rocky Mount Lifestyle Health Center, 350 Tanyard Rd., Rocky Mount, VA 24151

#### **Program Registration**

To register, please call 540-483-7775 or email [rockymountlife@gmail.com](mailto:rockymountlife@gmail.com) no later than August 30<sup>th</sup>.

For all programs, check out our calendar of events at [www.rockymountlife.com](http://www.rockymountlife.com)