

8-Week Detox Weight Loss Program



If you are tired of the constant weight-loss and weight-gain cycle that most people find themselves in, then we have a great solution for you!

Join us for this truly special and comprehensive weight loss program that will help you to **lose weight the right way, and keep it off for life!**

The program will begin on September 28, 2015 at 5:30, and will be delivered via conference call for 8 weeks by health and fitness expert Michelle Rober (www.michellerober.com). The calls can be re-played at any time, so the program can fit into everyone's busy lives. Additional small group coaching will be available each week with Marcy Morrison, wellness coordinator for MNHG (www.healthyfitfamily.com), either via conference call or at your worksite.

To sign up for the class click on the link below:

<https://www.jigsawbox.com/signup/Soul%20Luminous/32821/89411>

This program will finally give you the results you have been looking for - no starving, no gimmicks, just weight loss, the right way. And best of all...this program is free to MNHG members!

For more information visit:

www.minuteman-nashoba.org/wellness or contact Marcy Morrison at Marcymohealth@verizon.net