



**NEW YEAR- NEW APPROACH-NEW YOU
SIX STEPS TO A HEALTHY YOU
WITH LASTING RESULTS!**

Improved Health is Possible!

In just 3 ½ hours, this interactive seminar will deliver six simple, practical steps that can maximize your long term health and *change your life!*

You will enjoy:

- Improved overall wellness
- Increased energy
- Better sleep
- Healthier weight
- Reduced risk of health problems

WHEN: Saturday January 30th 9:00am to 12:15pm

WHERE: Comfort Suites-700 W. Uwchlan Ave. Exton PA

INVESTMENT: \$59

REGISTER: mrjgrow@verizon.net or allnwon@gmail.com

***Don't wait to jumpstart your healthier, happier life.
Register today!***

Presenters

Mark C. Goodwin

Certified Wellness Coach-Certified Personal Trainer- Certified Executive
Chef

Marjorie R. Johnson, LCSW, ACC

Executive Coach, Corporate Trainer, Licensed Clinical Social Worker