



The Best You! Starts January 2010

Tired with your weight struggle?
Need more energy and motivation?
Unexplained health issues?

This is a workshop you can't afford to miss. Everyone likes to start new things in the New Year but this will truly put you on the path to change your life forever.

I am excited to offer this 6 week transformative workshop on Wednesdays at 12:00-1:30 pm and 6:30 -8:00 pm starting January 13th at Ellen Palmer Wellness. Here's what you'll get:

- ✓ Simple lifestyle changes to reduce stress, provide energy and improve your relationships
- ✓ Tools to cook, eat and enjoy your relationship with food
- ✓ Information to understand your symptoms and regain control of your health
- ✓ Tools you need to lose pounds and inches permanently
- ✓ Expert guest speakers to share helpful information:
 - Dr. David Tolk, Chiropractor
 - Richard Mercer, Director, Bikram Yoga in the Valley ~ Simsbury
 - Mary Jones, Host of The Mary Jones Show
 - Kathryn Coyle & Zoey Trapp, Founders of The InnerSpace Studio
 - Teri Cummings, Organic Chef and Whole Foods Presenter
 - Debbie Wright, Professional Stylist, Confidence Builder & Founder of Project Closet

The cost of the program is \$499 and includes workbook, recipes, weekly body composition testing, cooking and exercise demonstrations, and 6 workshop sessions. You may also choose to include a 14-Day Detox or 30-Day Cleanse.*

Register by January 6th and get \$25 off. Register with a friend and you each get \$50 off. Limited seating so please register early.

Make 2010 the year you take control of the way you look and feel!

* options and prices are listed on the website at www.ellenpalmerwellness.com/



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