



Please join us
for our next **ONLINE E-Workshop:**
How to improve the health of your children

Start Date: September 26, 2016

LEAN Start is a program devised by Dr. Bill Sears, “America’s Pediatrician” (www.askdrsears.com) and taught by Certified Coaches. The program educates parents & caregivers on simple ways to improve the health of their children through lifestyle, exercise, attitude and nutrition. This is exactly where the short and long-term health of children and their families are positively impacted.

Benefits of Classes to both Child & Adult:

- **Learn to have better focus and concentration**
- **Better behaviors & attitudes**
- **Increased energy & productivity levels**
- **Better overall health & weight control**

To register and get started to a healthier summer, contact:

Talia Walley (603) 770-3119

www.walleyworkslean.com / walleyworks@walleyworks.net

Courses are 3 weeks and can be done at your own pace and broken into short blocks of time as needed. This program is geared towards busy people and busy parents!

Registration must be completed by Friday, Sept 16th to enroll in this class.

Call ASAP as class sizes are limited!

Online Enrollment: \$125.00. Group discounts apply -- please inquire.