



NOT A NEW YEARS RESOLUTION

With Deborah Cyrel CNC

5 and 10 Week Life style and weight loss group program

The group classes offer an opportunity for improved health habits and weight loss. Both educational and fun, the classes will cover important steps to help you manage unhealthy habits that can cause you to feel sluggish and unmotivated.

Get inspired to have the best quality of life!

PROGRAM SCHEDULE AND AGENDA

Wednesday 1:00 to 2:00 pm (January 17th-March 28th)

- ❖ Nutritional Consultation in a group setting
- ❖ Supplement support
- ❖ Low Glycemic index meal plans
- ❖ Special guest and/or shopping trip TBA
- ❖ Discount on Feely Center program supplements 10%
- ❖ Pre-Session requirements: Registration/Payment and client health profile filled out
- ❖ Program cost \$200.00 or \$350.00 plus supplements

Deborah Cyrel CNC, is a wholistic Nutritional Consultant with deep passion for natural health and has worked as a health educator for over 26 years helping people feel their best and greatly improve their quality of life. It's a lifestyle change that's required and she can guide you through this process. During the meetings, any roadblocks you may have encountered the week before will be addressed. She will also cover something new to help you create change and new habits to improve your lifestyle.

We will meet once a week for 5 or 10 weeks, meetings are subject to change