



SIGN UP and LEARN the foundation of creating a healthier version of You!

This Program will help lower your A1C's, blood pressure, and cholesterol.

YOU will move better, lose weight and feel great!!

Kickoff MEETING April 27th @ NOON

- Do you feel lost in the gym?
- Do you find the gym intimidating?
- Are you worried about how to use the equipment?



This program is for YOU!

- Do you want to learn to exercise and eat healthier?
- Do you want to become a fitter, healthier you?
- Do you want to create healthy habits?

Signup sheet is located at your EFC Pender Gym.

The 12 weeks starts with an introductory meeting on April 27th at noon.

An affordable \$9/session (payroll deduct) offers a 12-week-program, meeting a personal trainer 2x a week (Monday/Fridays @ 11:30) with others wanting to practice implementing healthier choices, just like *you!*

Questions? Contact sheri.albertson@nhrmc.org or Shannon.lanning@nhrmc.org