

# Next Group Forming!

# THE NEW YOU



## Nutrition, Education & Weight Management

### Six Weekly Meetings with Jane Savage

*You feel "stuck" in poor eating habits and can't break them?*

- *You exercise but can't seem to lose weight?*
- *Suffer from food cravings?*
- *Tired of having low energy?*
- *Confused when you grocery shop?*

*Join this dynamic, fun, supportive and non-judgmental support group. Getting results starts here!*

**Mondays Feb 27–Apr 2 11:30–12:15PM**

**Wednesdays Feb 29–Apr 4 6:30–7:15PM**

Fee: **\$60** members  
**\$90** non-members



**JANE SAVAGE**



**SPORTSPLEX**