

ONE DAY TO WELLNESS



The Program

Feeling lost on the road to health and wellness? Let **One Day to Wellness** be your map! No need to count calories or purchase potions. With our proven easy-to-implement tools, you will learn how to create an evidence-based wellness plan that promotes sustained health and weight loss. In just one day, you will learn to elevate not only your health, but also the health of your family, friends, or clients. Become a wellness warrior today!

Becoming a One Day to Wellness coach will elevate your career to the next level. Be the change agent for health and wellness.



The Package

- Manual
- Totebag
- Samples
- Special Gift
- Customized action plan
- CD/DVD/Downloads
- CECs from ACE, AFAA, NASM, SCW and CFP

The Price

- \$199 Early Bird Single
- \$229 Regular Single
- \$299 Early Bird Couple
- \$329 Regular Couple

Purchase:

OneDayToWellness.com

Date and Time

August 18th 9am-6pm

Location

Leslee Keegan's I'mpower Fitness Center

962 E. Main St. Ravenna, Ohio 44266

info@bruceandmindy.com

OneDaytoWellness.com