

Begin! be healthy. be fit. be happy.

Healthy lifestyle and weight management program



Begin is:

A new way of living, a new way of understanding, a new way of gaining control

A new way of learning, learning what to eat, how to eat, and when to eat

A new way of moving, moving through exercise

A new way to a healthier, happier you

It is time. Your time...to Begin!

Sign up for classes now!

Starts: Thursday, January 15, 2015 6:00 p.m. - 7:00 p.m.

Location: West Des Moines Public Library; 4000 Mills Civic Pkwy; West Des Moines, IA 50265

Session 1 – Individual, 60-minute consultation with biometric screening

Session 2 – Portion Distortion and Volumize Your Plate, group class

Session 3 – Nutrition store tour, group class

Session 4 – Exercise, group class

Session 5 – Individual, 30-minute consultation, measurements

Session 6 – Fat and Sugar, group class

Session 7 – Disease Prevention, group class

Session 8 – Cooking Class, group class

Session 9 – Emotional Eating, Plateaus and Weight Maintenance, group class

Session 10 – Individual, 30-minute consultation with biometric screening