

Welcome to the Good Bodies

Weight Loss for a Lifetime

Weekly Support Group

*Providing practical help and inspiration in a
group setting*

- Motivational presentations by certified professionals on nutrition, exercise and lifestyle coaching.
- Help with setting realistic and attainable weight loss/ lifestyle goals.
- Expert advice on overcoming obstacles and breaking "sticking points".

We're confident you'll find our unique format to be effective. If you are a member of another weight loss support group, bring in your proof of membership and your first session is free! Bring a friend and each of you can receive 20% off your initial purchase.

Join us at Good Bodies each Wednesday at 7:00pm!

