

# 30-Day Wellness Transformation Program

## Rejuvenate Your Life

### In-Person Kickoff

- Monday, July 30 – 5:30 – 7:30 p.m.
- Merrill Memorial Library  
215 Main Street, 3<sup>rd</sup> Floor, Yarmouth, ME
- 30-Day Wellness Transformation E-Book  
(Distributed, along with additional handouts,  
prior to kickoff to set you up for success)
- Healthy Hors D'Oeuvres
- Door Prizes for All Kickoff Attendees

Register by  
July 11 & Receive  
**\$50 OFF** Program  
Fee of \$199  
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**THIS CLASS OPEN  
TO WOMEN ONLY**

### Followed by 30 Days of Online Support

- Entrance to Private Facebook Group for Support and Group Interaction
- Daily Email Direct to You for 30 Days (containing tips, links to articles, handouts)
- Email Support to Answer Your Questions

### Learn to transform your health from the inside out!

The biggest changes we make in our lives start by taking small steps. We'll explore healthy habits and provide a holistic perspective on wellness, encouraging and helping you to:

- Create a personal environment for change
- Understand that exercise, stress, and lifestyle choices influence your health just as much as your food choices
- Identify areas of your life you'd like to adjust
- Kick old habits that aren't serving you well to the curb
- Make time to pursue healthy choices
- Develop and maintain an attitude of gratitude – and much more!



For more info or to register,  
contact Deb Nelson via email  
at [deb@bewellcg.com](mailto:deb@bewellcg.com) or phone  
at 207.319.6794 ~ [www.bewellcg.com](http://www.bewellcg.com)



Keep your health  
front and center  
this summer!!

