

WellPower

Power yourself into the healthiest YOU!

Make the lifestyle change that can take you *WELL* into the holidays.

WellPower is a comprehensive program that will safely and effectively guide you on your weight loss journey by including all aspects of weight management. It's not just about nutrition but overall fitness, self-exploration and mind-body connection. This program is intended to help you be the healthiest YOU.

Program includes:

- Weekly nutrition/exercise classes with registered dietitian/exercise specialist
- Weekly weigh-ins
- Complete pre/post fitness assessment
- Specific education in helping you understand your eating habits
- Grocery store tour
- Cooking/Food Demo

Session	Campus
8/20 - 11/19 (Mondays) 6:30 to 8:15 a.m.	Pekin Wellness Center
8/21 - 11/13 (Tuesdays) 6:30 to 8:15 a.m.	Methodist Wellness Center

For more information, contact:
wellnesscenter@unitypoint.org
or (309) 672-5904

Cost: Employee rate* - \$150 Non-Employee - \$225

**Free of charge for UnityPoint Health employees who meet program criteria.*

Register on-line at: unitypoint.org/wellpower



UnityPoint Health