

Bright Life Fitness And Therapeutic Massage

Presents

Frances Camilleri's

Health and Wellness 8 Week Jumpstart Program

Would you like to:

- ✓ Have more energy, vitality, and self-confidence?
- ✓ Increase your metabolism and lose weight?
- ✓ Bring about positive behavioral changes, including better nutritional choices and exercise habits?
- ✓ Gain perspective on who you are, and where you are going, pertaining to your health/wellness goals?

If so, this Eight (8) week program is right for you!

Included in your program:

- A 30 minute exercise DVD
- A Physical Well-being Assessment
- A structured, individualized plan designed based on your goals
- Eight (8) One-on-One 30 minute coaching sessions via telephone

All for only \$297.00

Get started on your journey to a healthier and happier you

Contact us today!