411 Health and Wellness

one healthy change at a time

Spring Transformation Workshop

Learn what has been holding you back from your wellness goals and get ready to reclaim your health!

Tuesdays April 23rd through June 11th
6:30-7:30pm

Held at Woburn High School

Fee is $164 for the 8 week series, or about $20 per class!

Led by a certified health and coach and licensed therapist, this 8 week class will empower you to make informed choices for weight loss, reduced stress and cleaner eating choices for your whole family.
Each week we will explore the how & why of healthy eating, movement and mindfulness. Just one healthy change at a time can be the difference for you!

Weekly 1 hour Class Topics will include:

- Clean eating through a 21 day cleanse program as part of the class
- Recipes, guidebook and pre/post assessments for informed nutrition
- Learning about the triggers towards poor food choices
- Understanding quick & easy recipe substitutions
- Finding hidden sugars in our foods and learning healthy amounts
- How to effectively read a Nutrition Facts Label and more!

Kristen Herlihy
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Register at www.woburnrec.com or call 781-897-5805

Wondering what it could be like to work with a health coach?

"In working with a health coach, I had an experienced resource to go to when I had questions. I wanted to follow the guidelines as much as possible to maximize the results. Having someone to clarify things helped me to stay on course." said Elizabeth from Denver, CO

"I enjoyed Kristen's honesty, her lack of judgement, understanding everyone is doing their best and/or life gets in the way, so nothing is perfect with this journey." said Jayne from Winchester, MA