

## Your Success With Stress

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### *Jump Start to Stress Reduction Program*



Photo by Cliff Grim

#### Featuring the following benefits:

*Improved health*  
*More Productivity*  
*Increased peace*  
*Greater joy*  
*Healthier lifestyle*  
*Better relationships*  
*Improved self-image*

#### *Program details:*

**Assessment with Lifestyle  
Coach:  
Includes lifestyle and  
stress evaluation**

**Four individual HeartMath  
sessions with Licensed  
Provider**

**Four Nutrition/Exercise  
Education classes**

**Four Mindfulness Based  
Stress Reduction Classes**

**Goal-setting Session with  
Lifestyle Coach**

### *A Healthier Life*

*Sign up today to get  
this great introductory  
pricing:*

**Total Package: \$250.00  
(Check with staff for a  
coupon)**

*This program can  
revolutionize your  
lifestyle, your health,  
and your relationships.  
So take that step and  
Jump Start your way  
into a better life !*

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