



Reach Your Weight Loss Goal

Free Your Path Guided Meditation Workshop

Empower your life! This class will help you successfully reach your weight loss goal by teaching you professional techniques to eliminate negative behaviors. Through discussion, guided mediation and visualization all in a calm and nurturing environment, you'll find the source of your weight issues allowing room for growth in overcoming any obstacles. These are the same techniques used by athletes and successful achievers in meeting their goals. Participants will learn techniques to maintain healthier eating habits, stop eating when full. eating smaller portions, and remaining focused and energized with their exercise program. Here is your chance to lose weights, have a positive outlook and feel better about your health.

Ages: 18 & up

Days: Tuesdays

Dates:

Time: 6:30-8:30 pm

Cost: \$125.00

Location: Northborough Senior Center, 119 Bearfoot Road

Instructor: Anna Gammal, body-n-Beyond

Register at: www.northboroughrecreation.com

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