

JOIN US FOR A COMPLETE WELLNESS TRANSFORMATION



Experience **WELL-BEING**

The Well-Being program is a collaborative 12 week wellness transformation program, changing lives from the inside out. By incorporating cognitive behavior therapy and a low carbohydrate approach to nutrition we help you create a sustainable path to support your individual health goals.

We are excited to be partnering with St. Leo University to bring the Well-Being program to YOU, virtually via LIVE webinar, beginning on Sept. 24th at 12:00 pm

Get ready to be transformed!

To learn more about what to expect during the 12 weeks, please attend the Virtual Information Session Sept. 3rd at 12 pm.

Only 10 seats available in 12 week program. Program free for faculty/staff

Register here: <https://attendee.gotowebinar.com/register/6595202105295147277>



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<https://www.floridamedicalclinic.com/specialties/well-being/>