



OPEN HOUSE

LEARN ABOUT OUR 12 WEEK *Complete*
WELLNESS TRANSFORMATION PROGRAM

Tues. Jan. 7th 6:30pm

Florida Medical Clinic - Wiregrass Campus, 3rd Floor
2352 Bruce B Downs Blvd, Wesley Chapel, FL 33544

Everyone is welcome!

RSVP by Thursday, January 2nd, 2020

Email: wellbeing@floridamedicalclinic.com

or via phone: 813-780-8774 ext.24042

Space is limited, register today!

PROGRAM BEGINS TUES. JAN. 28TH • 5:45PM - 7:30PM • WIREGRASS CAMPUS, 2352 BRUCE B DOWNS BLVD

PROGRAM INCLUDES:

- 12 interactive group classes
- A nutritional resource guide
- Sample healthy meal plans
- 6 weeks of fitness training
- Motivational health coaching
- Live grocery store tour
- Live educational demos
- A digital food scale
- PLUS more fun giveaways!



WELL-BEING
a tribe planted with purpose



Program created and presented by:

Allison Hull, DO | Kim Chism, MPH, RDN, LDN | Kelly Matthew, BS

**Florida
Medical
Clinic**
Your life. Our specialty.