



A 12-Week Wellness Transformation Program

Program created by: Allison Hull, DO and Kim Chism, MPH, RDN, LDN

Pick your path: *A Low-Carbohydrate Lifestyle or Ketogenic Living*

Starting Tuesday July 24th - 5:30pm to 6:30pm - at FMC Land O' Lakes - Also offered via recorded webinar

REGISTRATION INCLUDES:

12 interactive group classes	Notable guest speakers
6 weeks of fitness training	Live educational demos
A nutritional resource guide	A Well-Being salad shaker
Sample meal plans	A Well-Being cutting board
Personal health coaching	Resistance bands

Plus more fun giveaways!

"This program helped me take my life back. It was a jumpstart to a healthier lifestyle, which I continue to thrive in 1 year later. I am thankful for the tools and education I received & the lasting relationships that I built."

- Jessica, Graduated Participant

Register today for only \$195 - HSA funds may be used for payment

Spots are limited - Email wellbeing@floridamedicalclinic.com - Or call (813) 780-8774 ext. 24042

GET MOTIVATED

Achieve Life-Long
Personal Health Goals

GET EMPOWERED

Find Your
Personal Purpose

GET STRONG

6 Weeks of
Personal Training

GET CONNECTED

Meet Others on
the Same Journey