

# Employee Wellness Solutions Network is proud to announce...



## What is it?

The Extreme Lifestyle Makeover is an 8-week program. Each week, Employer's Edge will provide you with lots of information regarding various aspects of wellness and lifestyle.

Some of the topics include:

- Metabolism
- Exercise and Weight Loss
- Nutrition
- Label Reading & Portion Control
- Muscles
- Glycemic Index
- Carbohydrates
- Protein Power
- Fats
- Grocery Shopping
- Among others



We encourage you to participate as lots of valuable information will be shared.

Any questions, don't hesitate to connect with us!

## DETAILS

DAY & TIME: \_\_\_\_\_

START DATE: \_\_\_\_\_

WHERE: \_\_\_\_\_

**SIGN UP BY EMAILING**

**@EWSNetwork.com**

*NOTE: \$5.00 registration fee and the purchase of a pedometer (if you don't have one).*