



FACILITATORS:
Susan Tate and Sarah Thomssen

Susan is the director of Washington Wellness Associates, a certified black belt Nia instructor and author of several health related books, including *Wellness Wisdom*.

Sarah is a certified wellness coach and Team Leader with Dr. Ray Strand's Healthy for Life Program.

Susan and Sarah are colleagues in **Team Northrup**, a group that is philosophically aligned with the work of **Christiane Northrup, MD, Dr.** Northrup is one of the country's most respected authorities on holistic health and the **author of several New York Times best-selling books**, including *Women's Bodies, Women's Wisdom*.

This five-week course offers tools for getting off the sugar/carb roller coaster and managing weight permanently. Through a combination of coaching and support, combined with The Nia Technique, you will have the opportunity to intentionally **RESET, RECHARGE** and **REJUVENATE** your body and your life. Whether your goal is to lose weight, shape-shift or improve your health this course will provide skills, knowledge, techniques and support for a permanent life change.

Top 7 Reasons to sign up for RESET Your Body, RESET Your Life

1. Lose 4-5 lbs* in 5 Days! (And 10-15 lbs by the end of the 5th week)
2. Finally lose cravings for sweets and refined carbohydrates
3. Increase your energy and your immune system
4. Save money on your grocery/food bills with our healthy and inexpensive meal replacement shakes and snack bars
5. Enjoy two FREE Nia classes with Susan Tate, a certified black belt Nia instructor. Combine the joy of RESET with the JOY of movement—YOUR body's way!
6. Don't wait to get healthy—do it now—do something different than you've always done. Feel GREAT in your summer clothes.
7. Learn from wellness and fitness experts Susan Tate and Sarah Thomssen—everything from nutrition to fitness, stress reduction, overcoming emotional eating, and making your health a priority, a lifestyle and JOYFUL!

*RESET results vary depending on weight and metabolism. Typical weight loss during the RESET is 4-5 lbs.

RESET, RECHARGE and REJUVENATE with JOY!

Details & Registration

www.springreset2010.eventbrite.com

Register early. Registration closes March 14th at midnight. This program is limited to 20 participants so Susan and Sarah can answer questions and spend time with each of you.

