

Get Fit Faster With a Health Coach

For busy people who want to get their health back on track today.



Sherrie Dutton, BSPE, CPCC, ACC

Executive Health Coach

Do you need to lose weight and get back in shape? Do you need a personal health plan that fits your busy schedule? Join Sherrie Dutton for a light and informative presentation and discover how health coaching:

- **Saves you time and reduces your stress**
- **Provides the structure and focus you need to achieve your goal**
- **Unlocks your potential to live your healthiest life.**

You'll learn the three critical steps to achieving your health goal sooner and the secret to successfully maintaining it.

Come and see if engaging a health coach is your next step on the road to good health.

Saturday October 13, 2012, 12:30-1:30 pm

The Riverside Club, 110 Point McKay Cr N.W., Calgary, Alberta

FREE! Please Register at Reception (403) 283-3200

For More Information: www.getahealthcoachnow.com