

# POWERFUL BRAIN HEALTHY BODY

CREATING HABITS FOR A HEALTHY LIFESTYLE



**SIGN UP TODAY!  
SEATING IS LIMITED!**

**This Change Group uses the most current knowledge in the** fields of brain science, psychology, nutrition and exercise to help participants create lifelong habits for a healthy life. Learn from experienced mental health counselors, nutritionists and exercise professionals. **Sign up today! Seating is limited!**

#### **COST & HOW TO SIGN UP:**

**\*Tuition Cost Waived** to all employee and dependents covered through the Blomquist Hale EAP program. Some additional companies and their employees have also been invited to attend at no additional cost. (\*Normal tuition is \$285.)

#### **WHEN/WHERE:**

**Thursday, January 12, 2012**

7:00pm-9:00pm (6 week course - Jan 12, 19, 26, Feb 2, 9, 16)

Weber State University, Shepherd Union Building, Wildcat Theater  
3848 Harrison Blvd., Ogden, Utah 84408

#### **THIS CHANGE GROUP WILL TEACH YOU TO:**

- ✓ ***Change Your Brain to Empower Lasting Healthy Habits***
- ✓ ***Start the Creation of a New, Lasting Healthy Lifestyle***
- ✓ ***Unhook Reluctancy & Shed Unhealthy Habits***
- ✓ ***Eat for a Healthy Body and Lose Weight***
- ✓ ***Exercise for the Greatest Health Benefits***

Sponsored By:

  
**BLOMQUIST HALE**  
EMPLOYEE ASSISTANCE PROGRAM

 **employee wellness**  
mind · body · spirit

Sign up: [www.blomquisthale.com/changegroup.php](http://www.blomquisthale.com/changegroup.php) ~ For additional info 801-392-6833