

The Wellness Forum

Wellness 101

A Four Week Course That Will Change Your Life.



Learn:



How the wrong diet causes illness.

How to eat to lose weight
and keep it off.



How to improve your health through
nutrition and lifestyle changes.

Membership Includes:

- **Wellness 101** - a ten-hour course during which you will learn the science-based principles of health and wellness and the lifestyle and cooking skills necessary to practice dietary excellence and optimal habits
- A curriculum book that provides a written record of what you will learn
- A meal with each class!!!
- Workshops and conference calls on a variety of topics from cooking classes to cancer prevention
- Webinars on a variety of health topics and issues
- Book Club - discuss important books on health with authors
- Access to a healthy products co-op that makes healthier living easier
- Access to a members-only website featuring recipes, educational videos, book reviews and other health related materials
- Referrals to Lifestyle Medicine Practitioners
- Free shipping on orders over \$250
- Half-price tickets to national conferences
- Ongoing support to help you in filtering and making sense out of the enormous amount of information about health appearing in the media

Dates:

January 13th - February 5th

Fridays: 11:30a-2:00p

Sundays: 3:00p-5:30p

Location:

Olathe Family YMCA

21400 W 153rd St Olathe, KS

\$169 for individual, \$199 for family/household

Call 913-269-7990 for reservation