



PH.A.T.

Personal Health Achieved Together

CAMP

Presented by Dr. Michael O'Connor

13 Week program concentrating on getting healthy and losing weight.

15 Sessions that hold you accountable to set and achieve goals!

Sessions include:

- ◆ proper nutrition
- ◆ individualized exercise programs
- ◆ goal setting
- ◆ journaling
- ◆ recipe class
- ◆ success strategies

and much more

Progress is tracked through strength, flexibility, endurance testing, percent body fat, weight loss, and body measurements.

Join Dr. O'Connor for the next **P.H.A.T. Camp**

beginning **April 28th**. You are worth the effort!

Only \$150 for all 15 sessions!

Call today to register; class size is limited.

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www.communitychiropractic.com or www.medicineforwellness.com