

## Choose Life!

### 6-Week Wellbeing Group Course

**Dates:** 19<sup>th</sup>, 26<sup>th</sup> Jan, 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> Feb.  
**Times:** 5.00 - 6.15pm - Nutrition and wellbeing  
6.15 - 7.00pm – Fitness class  
**Place:** Core Wellness Centre, 9b Ridgeway South,  
Highlands, Harare  
**Cost:** \$120 per person – small group



Get your life and health back on track with this wholesome nutrition, health and fitness course in a fun, interactive and supportive environment.

#### What do you get?

- ✓ **Nutrition education:** Sustainable, healthy eating that teaches you how to maintain a healthy weight and minimise your risk of diabetes, heart disease and other serious illnesses.
- ✓ **Lifestyle Coaching:** Visioning, exercise, stress, improving relationship with food, overcoming barriers, motivation.
- ✓ **Health-boosting topics:** Weight loss, optimising nutrient intake, boosting energy and mood, food intolerance, hormonal health, anti-ageing.
- ✓ **Weekly bio impedance analysis:** Weight, body fat%, hydration, metabolic age +
- ✓ **Weekly fitness session** with Simonne Swart - straight after the nutrition section
- ✓ **Materials:** Nutrition manuals, meal plans, coaching tools, progress trackers, food diaries and more.

The programs empower you with the knowledge and tools for a lifelong sustainable diet and lifestyle. At the end of the program you can continue onto the next one to take your health and wellbeing to the next level or opt for private one-to-one sessions.

Contact us on **0777073586** or email your details to **info@lauramussell.info** to enquire or register your place.



Nutritional therapist  
**Laura Mussell**



ACE qualified personal trainer  
& group instructor  
**Simonne Swart**



In association with The Core Wellness Centre