

Synergy, a Medical Fitness Center presents:

Looking for more

Balance in your Life?

PERSONAL WELLNESS with Becca Pronchick, *Health & Wellness Coach*

Synergy offers two unique personal wellness programs designed to help you reach your wellness goals:

ONE-ON-ONE PRIVATE CONSULTATIONS

During two (2) one-on-one private wellness coaching sessions, you will first be guided through a personal assessment of your current health status. A highly customized wellness action plan will then be developed for you and will include tools to guide you toward understanding your physical, emotional and spiritual health. This program incorporates gentle yoga and meditation.

COST:

Initial 60-minute consultation..... \$90
On-line Assessment & Workbook.....\$50

12 WEEK GROUP WELLNESS PROGRAM

This twelve (12) week group training program teaches you how to transform yourself with a renewed sense of health and wellbeing. We will uncover roadblocks that might be preventing you from achieving optimal wellness, while learning practical ways for you to reach a new level of physical, emotional and spiritual wellbeing. This program also incorporates gentle yoga and meditation. Includes: online wellness assessment and wellness workbook tools.

WHEN:

Thursdays, Jan. 12th - Apr. 5th, 6:30 PM - 8:00 PM
Twelve (12) 90-minute weekly classes

WHERE:

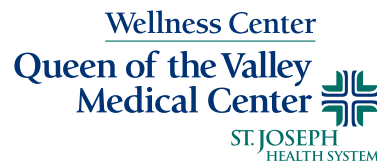
Wellness Center, Conf. Rm. #2 (2nd floor)

COST:

Members..... \$249; Non-Members\$299



www.wellnesscenternapa.com



A Ministry founded by the Sisters of St. Joseph of Orange

www.thequeen.org



To learn more, or to register for one of the above programs, call 707.251.1395 ext 2.