



WOBURN COMMUNITY MEMBERS

Transform Your Health!

Join Woburn teachers, parents, employees & community members for a FREE wellness program focused on creating sustainable healthier habits.

When it comes to being healthier, you already know what to do – it's doing it that is the challenge. The program generates high levels of support and accountability to help you make changes you've wanted to make for years.

This program is evidence-based and was published in a major medical journal, the Journal of the American Board of Family Medicine (JABFM). Over 200 people in Woburn have already participated, losing over 2000 pounds.

Help Grow the Culture of Wellness in Woburn!

What: 13 sessions on Wednesday afternoons/evenings (Jan 13 thru Apr 14)

Where: Zoom (virtual meetings)

Time:

- 2-3 PM
- 2:30-3:30 PM
- 3-4PM
- 4-5 PM
- 5-6 PM
- 6:30- 7:30 PM
- 7:30 - 8:30 PM

Cost: FREE

Start Date: Wednesday January 13th, 2021

To sign up, email Shannon.Manuel1@gmail.com the following information:

- ✓ First, Last name
- ✓ Email address and cell phone number
- ✓ Preference for time of meeting