

BH POWERFUL BRAIN

HEALTHY BODY

Get access to the most current knowledge in the fields of brain science, psychology, nutrition, and exercise to help participants create lifelong habits for a healthy life. Learn from experienced mental health counselors, nutritionists, and exercise professionals.

- ▶ **Eat for a healthy body and lose weight**
- ▶ **Exercise for the greatest health benefits**
- ▶ **Unhook reluctancy & shed unhealthy habits**
- ▶ **Start the creation of a new, lasting, healthy lifestyle**
- ▶ **Change your brain to empower lasting healthy habits**

This course is being offered to Blomquist Hale benefited employees at **no cost**.

FEATURED PRESENTER

SINEAD URWIN, MA, AADP, NASM, IAHC, IIN practices a holistic approach to health and wellness, looking at how all areas of your life are connected and affect health as a whole. Her approach is not to dwell on calories, carbs, fats, and proteins, or to create lists of restrictions, but rather, to help others create long-lasting change for a happy, healthy life - in a way that is flexible, fun and rewarding.



4-Week Course on Wednesdays

April 3rd - April 24th
5:30 p.m. - 7:00 p.m.

Event Location:
Hillside Middle School
1825 Nevada Street
Salt Lake City, UT 84108

Call **801-262-9619** or visit
<https://blomquisthale.com/workshops.html> to reserve a seat!