



WellBeingMD®
Creating Wellness,
Transforming Lives



WellBeingMD®'s **RoadMap to Wellness Program** is starting up again, and you are cordially invited to attend a special introductory meeting. This six week holistic course is designed to improve nutrition, increase physical activity & overall life balance.

Dr. Principe's "*A RoadMap to Wellness*" was recognized by David Eisenberg, MD, Director of **Harvard's Healthy Kitchens, Healthy Lives CME**. He views this program as an exemplary model of how to transform health care by focusing on wellness and self-care.

Learn more about WellBeingMD®'s RoadMap Class at an upcoming informative session.

Wednesday, January 23, 2013 at 7:00 p.m.
Saturday, January 26, 2013 at 10:00 a.m.

To make your reservation at one of the above informative sessions,
Call **708.448.9450** or Email: RSVP@WellBeingMD.com

Actual 6 Week RoadMap to Wellness Schedule

RoadMap Classes will be held on Saturday mornings from 10:00 a.m. – 12:30 p.m.
Delicious tastings served during each week's class.
RoadMap Classes are covered by most commercial insurances.

Week 1: **February 2, 2013** - Practicing Wellness: Creating Your Wellness Wheel

Week 2: **February 9, 2013** - Stress Reduction: Exploring The Mind Body Connection

Week 3: **February 16, 2013** - Physical Activity: Staying Fit for Life

Week 4: **February 23, 2013** - Fooducation: Energizing with Healthy Carbohydrates

Week 5: **March 2, 2013** - Fooducation: Rebuilding and Refueling With Healthy Fats and Proteins

Week 6: **March 9, 2013** - Fooducation: Putting It All Together: Virtual Supermarket Shopping/ Dining Out

WellBeingMD® - Center for Wellness
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