



**WellBeingMD®**

**Creating Wellness,  
Transforming Lives**



It's that time of year for new beginnings. Why not set out on **WellBeingMD®'s RoadMap to Wellness** course and achieve wellness in body, mind, and spirit? Plan on attending one of our free introductory sessions this spring to further explain our program. This six week holistic course is designed to improve nutrition, increase physical activity and 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 to Wellness Class at one of these sessions.

**Wednesday, January 8, 2014 at 7:00 p.m.**

**Saturday, January 18, 2014 at 10:00 a.m.**

To make your reservation for one of the above informative sessions,

**Call 708.448.9450 or Email: [RSVP@WellBeingMD.com](mailto:RSVP@WellBeingMD.com)**

### **Next 6 Week RoadMap to Wellness Schedule**

RoadMap Classes will be held on Saturdays from 10:00 a.m. – 12:00 p.m.

Delicious tastings served during each week's class.

RoadMap Classes are covered by most commercial insurances.

Week 1: **Jan. 25, 2014** - Practicing Wellness: Creating Your Wellness Wheel

**No Class on Saturday, Feb. 1, 2014**

Week 2: **Feb. 8, 2014** - Stress Reduction: Exploring The Mind Body Connection

Week 3: **Feb. 15, 2014** - Physical Activity: Staying Fit for Life

Week 4: **Feb. 22, 2014** - Fooducation: Energizing with Healthy Carbohydrates

Week 5: **March 1, 2014** - Fooducation: Rebuilding and Refueling w/Healthy Fats and Proteins

Week 6: **March 8, 2014** - Fooducation: Putting It All Together

Virtual Supermarket Shopping/Dining Out

**WellBeingMD®, LTD - Center for Wellness**

**11950 S. Harlem Avenue - Lower Level**

**Palos Heights, IL 60463 ~ 708.448.9450**

<http://wellbeingmd.com>

View the **Recipe for a Healthier America** @ [wellbeingmd.com/tedx2012](http://wellbeingmd.com/tedx2012)