

2012

It's Not a **NEW** Year

It's a **YOU** Year!

It's hard to enjoy the things **YOU** love
unless **YOU** have great health.

If **YOUR** resolution this year is to
achieve great health-
8 Weeks to Wellness is the perfect
way to succeed!

INTERESTED IN HEARING MORE?

Come to our next 8 Weeks to Wellness Orientation!

TUESDAY January 17th 6:00-7:30 PM

**This workshop is free, but space is limited so please
reserve your spot by calling:**

Cornerstone Wellness Center at 406-443-7000.

