



Cornerstone
Wellness
Center

THE AVERAGE

8 WEEKS TO WELLNESS

PARTICIPANT...

LOST **15.4** LBS.

6.16 INCHES (Waist & Hip Total)

DECREASED **26.9** POINTS (Cholesterol)

114 POINTS (Triglycerides)

AND MUCH MORE, ALL WITHOUT
THE USE OF ANY MEDICATION.

INTERESTED IN HEARING MORE?

Come to our next 8 Weeks to Wellness Orientation!

TUESDAY FEBRUARY 15TH 6:00-7:30 PM

TUESDAY MARCH 15TH 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**.