



Have you lost the new you? Struggling with an extended plateau? Regained some weight? Well, it's time for you to reclaim the new you with our "Back on Track" Program.

Get the education and motivation you need to get back on track to reach and maintain your optimum weight-loss goals by participating in this 6 week "Back on Track" workshop.

Participation includes: "Back on Track" booklets: Goal Getting, Exchanging Habits, Strength-n-Sculpt, Kick Start and Maintenance Mentality booklets: Progress Tracker, Assignment Guide, 6 classes, accountability assignments and 6 monthly follow up sessions.

Classes run every Monday and Wednesday in our convenient Nassau and Suffolk locations and on Tuesday's for our online webinar classes.

For more information and to register for the next "Back on Track" workshops, please call Jean Rafferty, LCSW-R at (631)291-1900 or view my website at www.JeanMarieRafferty.com.