



Horizon Wellness Coaching

AT PONTE VEDRA BEACH, LLC

Group Weight Loss Coaching Course

Do you want to know the tools and strategies to be successful with your individual weight loss goals?

Join us for a new six-week course covering

- **Short and long-term goal setting**
- **Mindfulness**
- **Nutrition**
- **Physical Activity**
- **Self-Compassion**
- **Sleep**

Choose between day and evening class

Starting

Tuesday, April 22nd at 1 PM

Or

Thursday, April 24th at 5:45 PM

**Join Claudia Wallace, RN, BSN, Certified Wellness Coach in partnership with
Dr. Aylin Ozdemir, M.D.**

**Where: 1102 A1A North Suite 104
Office of Integrative Medical Groups
Ponte Vedra Beach**

**Space is limited! Price for six-week course \$115
To register please call Integrative Medical Groups / Dr. Ozdemir
At (904) 273-6533**