



FRESH START

AN 8-WEEK WEIGHT LOSS PROGRAM

Teaching participants the foundations of behavior change to help with weight loss in a healthy way over an 8-week period. Classes will begin May 8th with a max of 7 participants - call Amanda Thul to reserve your spot.



515-332-7608

This program is not covered by insurance - the out of pocket cost for the whole 8 weeks is \$350 (less than \$44 per class). The amount will need to be paid in full at the first class.