



# BRANCHES

*Weight Loss • Wellness*

## New Year, NEW YOU!



This year, become a healthier, happier you at Branches Weight Loss and Wellness. We can help you lose weight and improve your health. Right now, for a limited time, we are offering “New Year, New You” discount packages saving you around 40%.

Visit [www.branchesweightloss.com](http://www.branchesweightloss.com) for more details.



REFIT combines several elements of fitness into one power-packed hour. While the focus is structured around CardioDance movements, toning and flexibility, strength training and stretching are also incorporated into the REFIT workout. The workout formula is easy to follow and will challenge fitness enthusiasts and **welcome beginners**. REFIT is also more than just physical fitness; REFIT targets mind, body, and soul and builds community and cultivates connections.

Classes are Saturday mornings at 9:00 AM. The first class is FREE and each following class is just \$3. **REFIT at Branches begins THIS SATURDAY, January 13th.** There is no need to register. Just come! And bring a friend! (Please visit [www.facebook.com/refitwithkristikay](http://www.facebook.com/refitwithkristikay) for up-to-date news, cancellations, or time changes.)

# YOU ARE NOT ALONE!!!

## **EMOTIONAL EATING SUPPORT GROUP**

Do you find yourself eating when you're not really hungry? Do you use food as a source of comfort when you're feeling sad, anxious, or bored? You might be an emotional eater. Perhaps you know this about yourself already but you feel powerless to change. You are not alone! Join the Emotional Eating Support Group to get the education and the support you need to change.

WHEN: Wednesday Nights from 6:00–7:30 PM

FIRST SESSION: February 7th

DURATION: 8 Weeks

COST: \$60 (\$30 due upfront to reserve spot)

Limited to 10 participants.

Each session will be led by a licensed behavioral therapist and will involve education on dealing with emotions in healthy ways and will also provide opportunity for open sharing in a safe setting to receive the support of others.

Register by calling Branches at 615-895-4001.