



Aultman Orrville Healthy Lifestyles

12 Weeks to a Healthier You...

The 12-week wellness-based, food-focused Healthy Lifestyles program provides nutrition, exercise and behavior change for long-term results.

- Develop the tools and set weekly personal goals to promote a healthier lifestyle for a new you.
- Weekly consultations with for education, accountability, goal review and development of next steps to keep you progressing.
- Learn and refine tools for long-term weight management and a healthy lifestyle.
- Reduce weight and/or percentage of body fat.
- Develop healthy habits for mindfulness and building self-confidence.
- This program also includes:
 - Initial consultation.
 - Program manual and weekly education modules.
 - FREE fitness/wellness center orientation and usage.
 - FREE group exercise classes.
- Upon completion of the program you are eligible for **"Healthier You"** consultations as you progress towards maintaining your new healthy lifestyle.
- Call **330-684-4732** for more information or to schedule your initial consult.

Program Fees

AOSW Member

\$250 covers the entire cost of the 12-week program, including initial consultation.

Weekly payment option:

Initial \$50 sign-up fee,
plus \$20 each week, for 12 weeks.

Non-Member*

\$300 covers the entire cost of the 12-week program, including initial consultation.

Weekly payment option:

Initial \$60 sign-up fee,
plus \$25 each week, for 12 weeks.

**Includes Wellness Orientation and AOSW fitness facility usage for period paid.*



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