



Group runs **March 25 – May 20, 2020**

We will meet on Wednesdays 6-7 pm
In Eatontown office only

Cost: \$195 for entire program

Join Us!

8-week Weight Loss Group Coaching

Join us for this highly popular program that will lead you through a **total body and mind transformation** to last a **lifetime**.

Weekly meetings include:

- ✓ Individual weigh in and goal setting
- ✓ Weight loss tips, strategic snacking, nighttime eating, dining out guidelines, portion control & label reading, ways to keep motivation high!
- ✓ All the support, accountability and motivation you need...
- ✓ Healthy cooking tips and recipes

Dafna is excited to continue offering 1:1 as well as group nutrition coaching at Monmouth Cardiology. She has helped hundreds of individuals improve eating habits, lose weight and stay healthy for nearly a decade. In this highly successful program, Dafna will be teaching the core skills for lifelong weight management in a down-to-earth, practical and engaging way.

Get the results you crave with this easy-to-follow program!



To sign up simply call:
(856) 573-0851

To learn more about Dafna visit: www.dafnachazin.com