



Mind Body
Nutrition

New Year Reboot

How many Christmas parties does it take to gain five pounds? It's the season to relax and have fun but this fun can leave us with unwanted consequences that affect our health, like headaches, lethargy, insomnia, caffeine and sugar addiction and weight gain.

The New Year is a time of new beginnings. But because we know transformation can be incredibly hard to do on your own we are here to help. Skin Clinic & Day Spa is pairing up with Holly Noonan of Mind Body Nutrition to offer a **New Year Reboot** – a group program of inspiration and accountability.

Join us for **two simple** but live changing **meetings** being held at the Berry Manor Inn in Rockland. The first meeting is **January 17th from 6pm – 8pm**. The second meeting, your wrap up, is **January 31st from 5pm – 6pm**.

The program is **limited to 20 people**. When the January 17th session fills up, we will start registrations for the January 31st session, (which will have its wrap-up on February 14th). Each participant will be **matched up with a Reboot Buddy**, either join with a friend or find your buddy on the day.

In addition to the two meetings, you can also expect -

- Pre-session assessment questionnaire to clarify your goals and potential obstacles.
- A private weigh-in session with an RN to assess your starting weight and BMI— and another at the end to chart your progress.
- A blow-by-blow session on healthy meal planning for 2 weeks.
- Ready-made meal plan **including shopping lists** for all meals.
- **Optional meal support— meals delivered to you.**
- Detailed and personal strategies on how to overcome specific obstacles.
- Work with your Reboot Buddy during initial session and during the 2 week program (exercise together!)
- An online forum to get support and exchange information with the group.

This program is designed to be your time of transition for the New Year. A non-perfect veering towards healthy habits, after which you will feel back-on-track.

With the compassion we have for ourselves and have for each other, we will each end up— each on our own unique ride— in a place where we:

- Sleep harder and wake up rested.
- Feel comfortable in our favorite clothes again.
- Crave vegetables.
- Reset our bodies' signals so we can hear our hunger, satiety and thirst.
- Get past the initial discomfort of starting an exercise routine— and get to the good part.
- Feel stronger, more in control of our lives and proud of ourselves again.

Are you in? **Register before January 10th to get the early bird price of \$79**. After January 10th, the price is \$95. Contact Sue Kelly at Skin Clinic to sign up and make arrangements to pay. (207) 594-7003.