

FREE

& WELLNESS SESSIONS

REACH YOUR WELLNESS GOAL WITH
EXPERT SUPPORT FROM
LEADING WELLNESS AND OBESITY EXPERTS:

DR. SYLVIA BOLLIE, MD,
(@EMBRACEYOU MD)
& THE EMBRACE YOU TEAM!



Want to help
sticking to
your health
goals?

Learn how to
maintain your
happy, healthy
weight!

- Receive valuable tips to enhance your wellbeing & reduce obesity risks.
- Discover how to enjoy healthier eating.
- Worth your time! All participants win a prize at the end.*

EMBRACE
YOU
WEIGHT & WELLNESS

SCAN CODE
TO JOIN

LEARN MORE AT:

Sponsored By: