

The Transitions Lifestyle System is back in 2016!

The Transitions Lifestyle System (TLS) is a nationally recognized 12-Week Program designed to empower participants to take control of their personal health and wellness by focusing on:

- Healthy Food Choices (primarily low-glycemic)
 - Stress Management
 - Behavior Modification
 - Gradually Increasing Physical Activity
 - Goal Setting and Achievement
 - Personal Accountability
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Sessions will be held once a week in a group setting on Tuesdays at the Damiano Center

These trainings are highly interactive, informational and fun!

St. Louis County employees and their spouses qualify for full tuition reimbursement through the County's Weight Loss Reimbursement program.

Contact Tony at:

amacioce@yahoo.com or 218-349-3869 to register

Space is limited to the first 15 registrants.

Feel free to call or email with any questions.

Thanks, and we hope to have you join us on our journey to enhanced health!

- Tony