

Want to lose weight?

Tired of aches, pains and stiffness?

Rejuvenate, Energize and Be Forever Fit

with our comprehensive 12-week program

- ★ yoga
- ★ nutrition counseling
- ★ holistic health coaching
- ★ music and movement

with **Orlene Chartain**
Wellness Coach and
Yoga Instructor



Judy Kay
RN, BSN, HNB-BC
Board Certified Holistic
Registered Nurse



Christine Rosche
MPH, CNS, CBT
Board Certified
Nutrition Specialist

*Be part of an exciting Reality TV project
while you regain healthy, youthful energy!*

Come to an informational meeting to find out more:

Saturday October 2, 9:00 AM

Bay Media Arts
147 N Kingston
San Mateo, CA 94401

RSVP at 650.369.5122



Jack Johnson,
Recording Artist,
Producer, Forever Fit TV 

