

Absolute Health

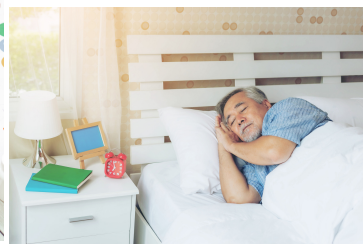
A COMPREHENSIVE LIFESTYLE PROGRAM

MARCH 4TH - MAY 29TH
MONDAYS AT 1PM

Cost - \$500

Services valued at \$700

Duke Center for Living
at Fearington



Transform your wellness habits in 12-weeks through:



Exercise

Personalized programming including 1 weekly group fitness session with a **Certified Exercise Physiologist**; Pre-and-post fitness assessments



Nutrition

Monthly educational nutrition workshops and individual food journal reviews with a **Registered Dietitian**



Community

Meet and engage with others to form lasting relationships. Exercising is better with a friend!



Accountability

Frequent check-ins to ensure you are on track to meet your goals; Dedicated office hours with the Exercise Physiologist to review & update programming.



Sleep & Recovery

Improve sleep & recovery to give you more energy!



Stress Management

Learn various techniques to manage stress through meditation and other mind-body practices

Contact Us for More Information

Registration opens Wednesday, February 7th at Member Services.

 DukeFitnessFearington.com

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