

Kickstart Your 2026

with Our New Year Wellness Program

B *BLESSING*
Wellness Center

JAN 5 - MAR 2

Ready to make your New Year's resolution stick—especially if it involves wellness? Our **2-month program** is designed to support your goals with a comprehensive and motivating approach.

All you need to do to begin: Set one SMART goal for fitness and one SMART goal for nutrition.

Here's what's included:

- **Weekly workouts** (gym and at-home options including weight training and cardio)
- **3 nutrition consultation sessions**
- **1 culinary class**
- **Ongoing email support** from our trainers and dietitian

Our goal is simple: to give you the tools, guidance and accountability you need to get back in a routine —and stay there.

Your only requirement? Achieve your goals.

Your reward? A **25% discount** on a Nutrition (package options) and/or Personal Training package (4-pack of 30-minute sessions).

Whether you're new to wellness looking for structure and support or a seasoned athlete seeking to fine-tune your nutrition, this program is built for you.

Let's make 2026 your strongest year yet!

COST: \$100

REGISTRATION: 217.214.5858

Deadline December 29 at 10 AM



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blessinghealth.org

