



Stop the World . . . I want to get off!

Do you feel your life spinning out of control? Do you think there might be another path . . . one that would lead to more ease and enjoyment?

You may be surprised to hear that Wellness is that path.

Wellness doesn't come from a Doctor, or a series of medicines, or even a life-changing surgery. Sometimes we need these things, but the path of Wellness doesn't rely on them continuously.

Dorothy needed to put one ruby foot in front of the other to get her to Oz. But even Dorothy needed expert guides along the way. Your guide to Wellness should be an expert. One that can shine a light on the path to take and help you avoid the many obstacles that will inevitably be in your way.

Choose well . . . choose Wellness

Choose the experts at (Fitness Studio name).