



## **CHANGE4GOOD**

*10 Week Weight Loss & Wellness  
Employee/Group Program*

### **Why is it good for your company?**

The Change4Good group program is designed for companies who value a healthy and productive workforce and for people looking to achieve and maintain their ideal weight. The Change4Good program makes the connection between individual weight loss results, overall wellness and corporate productivity: it's **WAISTLINE TO BOTTOM LINE**.

### **CHANGE4GOOD Program Outline:**

- weekly 10 one-hour group sessions
- weekly weigh-ins
- weekly food journal feedback
- comprehensive take-home manual

### **Lose Weight, Gain Skills:**

Each participant will learn how to target, achieve and maintain a healthy and sustainable weight. Distinct to the Change4Good program are new 'real life' skills gained and available to use daily to reach a weight goal and make it permanent.

Change4Good course topics include:

- setting goals, menu planning and portion control
- nutrition basics – carbohydrates, proteins, fats etc.
- supplements for health and weight loss
- nutrition labels
- detoxification
- overcoming barriers to success

*"The weekly sessions with Lauren have helped me understand good nutrition and achieve life-changing results." Leslie Ann R.*

### **Change4Good Registration Info:**

A minimum of 5 participants are required for each group session, each group must have one co-ordinator. **PRE REGISTRATION IS REQUIRED FOR EACH PARTICIPANT.** For more info or to sign up your group, please **call Michelle at 705-817-1990**. To register, send attached Change4Good Group Weight Loss & Wellness registration form to: [\*\*events@jawno.com\*\*](mailto:events@jawno.com)

### **COST:**

\$395+HST per person for 5 to 9 participants  
\$295+HST per person for 10 participants or more

## **ABOUT LAUREN JAWNO**



Lauren Jawno is a dynamic speaker and educator, a certified nutritionist and personal trainer, and a life coach. Lauren specializes in Fitness Conditioning, Sports Nutrition, Weight and Lifestyle Management and Childhood/Family Nutrition.

### **A Teacher with Passion + Commitment**

With more than 15 years of professional experience, Jawno has built a stellar reputation as an inspiring and passionate speaker. Her passion for people's total health is combined with her extraordinary gifts for teaching and public speaking. She is well known for her interactive presentation style and ability to make complex information practical and easy to understand. She has a unique ability in making the learning process stimulating and enjoyable.

### **In-demand Speaker + Media Personality**

Over the past 5 years, Jawno has led over 1200 speaking events across Canada and has appeared on TV numerous times. Most recently, she was featured in **Get Real**, a book profiling a select group of successful Canadian women, and she was the Life Coach for **More Magazine's** special Neutrogena and Oil of Olay's makeover sections. Jawno is a **PRO fitness and nutrition trainer for Can-Fit-Pro** and is an associate nutritionist and personal trainer at the **Sports Performance Centres**; she has also contributed to **Zoomer, iRun Magazine** and **Wedding Bells**.

### **Get informed. Get Inspired!**

Lauren Jawno combines solid academic background and training with real-life experiences seamlessly for the benefit of all who she comes in contact with. This together with her genuine passion, positive attitude and approachable manner ensures participants leave her seminars and programs informed, inspired and empowered to create change in their life. For more information, visit:

[\*\*jawno.com\*\*](http://jawno.com)