

# GLAD HEARTS WELLNESS COMMUNITY

*"When we touch someone, we make a difference!"*

Register today and save \$25

NEW CLASSES NOW FORMING

## **TRANSITIONS LIFESTYLE SYSTEM WEIGHT MANAGEMENT**

**Beginning Tuesday, April 17th  
7:00 - 8:30 PM  
6 weeks**

Discover how high glycemic foods sabotage your weight loss plans, metabolism, and muscle mass.

Learn about how low glycemic foods promote increased metabolism and helps you to maintain muscle mass while you lose weight.

Transitions also provides the supplements and support to help you reach your optimal health goals.

And

## **FUNCTIONAL FITNESS PERSONAL TRAINING**

**Wednesdays 7:00-8:30PM and Saturdays 9:00-10:30AM  
Beginning April 18th  
6 weeks**

Get reacquainted with your bodies optimal function by training from the core!

Each class \$350

Glad Hearts Wellness Community  
214 W. Patrick Street, 2nd Floor, Frederick, MD 21701  
[www.gladheartswellness.com](http://www.gladheartswellness.com) or (301) 663-1070