



Women's Wellness

A Coaching-Based Wellness Group

How long have you been wanting to get fit, be in shape, loose weight?

Isn't it time to invest in your health and well-being!

A wellness group helps women be successful in achieving personal health & wellness goals. In this eight week group, women will develop a personal wellness plan, and receive caring and supportive direction in making it happen. Bringing together wellness education, realistic health planning & goal setting, inspirational coaching and motivational support, the Women's Wellness Group will help you successfully meet your health goals.



“The groundwork of all happiness is good health.” Leigh Hunt

Eight Week Group Meeting on Fridays, Beginning July 22nd!

July 22nd-August 12th

1:00-2:30pm

Two Week Break

Limited to Six Women

September 2nd-September 23rd

\$80 per Group Session

For more information contact Suzanne Nixon at 703-729-0505. Held in Lansdowne, VA

Dr. Suzanne Nixon has been in the field of education, counseling and wellness for 30 years. In 2008, she completed a professional training program at Duke University, NC, in integrative health coaching and wellness.