



Rev It UP!

Metabolism
Meltdown



A new way of living...A better way of feeling!

REV It UP!

Rev It Up! is a 9-week program taught by a registered dietitian that helps you understand why your body works the way it does and how to help it work more efficiently. It is not another fad diet or pre-packaged food plan. Rev it Up! is a practical, interactive instruction class designed to help you achieve a more efficient metabolism and a healthy, balanced life. It's the guidance you have been looking for to help you create a plan that is right for you.
Right for your body and right for your lifestyle.

WHEN?

Every Tuesday starting January 12, 2010 thru March 9, 2010

WHERE?

*Nashoba Valley Medical Center
Conference Room B
Time: 5:30pm – 7:00pm*

COST?

\$90.00

Includes 150 page manual and a 3-month metabolism journal

Don't just DIET. Change your life! You owe it to yourself and your body.

**To register, contact the Outpatient Dietitian at 978-784-9451
and provide your name and phone number.**

***Sign up by January 5, 2010 – SPACE LIMITED**