



# HEALTH & WELLNESS



Amy Mason Lee, Certified L.E.A.N. Coach offers a variety of workshops and specialty services providing education and solutions, to empower healthy living.

Based on the four pillars of health – *lifestyle, exercise, attitude and nutrition*, participants will enjoy solution based programs to help improve children's ability to:

- learn
- improve health
- improve attitude/behavior
- concentrate
- maintain healthy weight
- improve performance
- increase self-esteem

## **WORKSHOPS:**

### **L.E.A.N. Essentials**

L.E.A.N. Essentials is a two hour workshop that provides information to assist parents or caregivers with children ages 3 to 12 years old about nutrition and healthy living for your children and families.

**Class fees per person:** \$35 Activity Center Members  
\$45 Non-Members

**Workshop Dates:** TBD- Must have a minimum of 6, maximum of 12.  
Class dates and times will be at the discretion and availability of the instructor.

### **L.E.A.N. Start**

L.E.A.N. Start is a six hour, fun and interactive educational workshop that provide parents and caregivers with children ages 3 to 12 years old about nutrition and healthy living.

**Class fees per person:** \$50 Activity Center Members  
\$60 Non-Members

**Workshop Dates:** TBD- Must have a minimum of 6, maximum of 12.  
*Class dates and times will be at the discretion and availability of the instructor.*

## **ONE ON ONE SERVICES (Call Aaron Grefrath 897-5290 for rates):**

### **Pantry Make-Over**

Amy will come to your home and help you choose healthy foods to keep on hand for your family.

### **Grocery Shop**

Amy shops with you one on one and teaches you how to purchase the right foods for you and your family!