



# What's Up In Wellness

HOSTED BY THE LENOVO WELLNESS CENTER CHICAGO

## Join the Summer Accountability Program 7/16 – 9/10

The 8 Week Summer Accountability Program for Healthy Aging is a group coaching program designed to help **prevent disease, sharpen thinking, boost energy and take charge of your personal health goals with your unique action plan!**

- **Step 1: Complete a Biometric Screening to determine your baseline numbers:**
  - Blood Pressure
  - Cholesterol
  - Height/Weight/BMI
  - Waist Circumference
- **Step 2: Attend the Weekly Group Coaching & Accountability Sessions (In-person @ The Mart or Virtual on Tuesdays @ 2 PM)**
  - New education topic discussed each week
  - Accountability Tracking
  - Coaching towards your personal goals
- **Step 3 : Repeat Biometric Screening to determine your improvement percentage at Week 8 to 12!**

**For more event  
details**



Contact RN Health Coach Cynthia Flowers with questions via TEAMS or [cynthia.flowers@marathon.health.com](mailto:cynthia.flowers@marathon.health.com).

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