

## **Head Heart and Hands Returns**

The Head Heart and Hands 12-week wellness program is a comprehensive program of learning and weekly group coaching, designed to help participants prevent/reverse disease, improve their physical and mental health, and lose weight. Entering its third year, the class has been a great success.

A participant had this to say about her experience as a result of taking the class.

“I am feeling healthier all around,” she said. “Not only have I lost 10-15 pounds, but I’m feeling better in my body and definitely have experienced an improvement in my mental and emotional health. I also finally feel like there’s a way forward for me to build a healthy life. Everything I’ve done previously was short term and ultimately not sustainable. After learning what I’ve learned and being coached on how to implement that knowledge, I’m finally feeling like a healthy future is actually attainable for me.”

This holistic program targets the root causes of common chronic diseases, including type 2 diabetes, high blood pressure, high cholesterol, arthritis, and more, while addressing all aspects of health, including nutrition, sleep, stress, mental health, and mindset. The program is designed to be inspiring and fun and to give participants the knowledge, tools, and support to lose weight permanently and reach their health goals. Our fall group is registering. [Email Well Aware](#) for more information.

*Be sure to check out upcoming wellness programs, classes, and resources on the [Well Aware web page](#) and in the [Well Aware Toolbox](#).*