

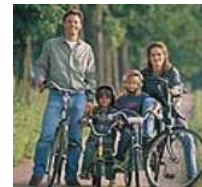


Of your **MIND**  
Of your **BODY**  
Of your **HEALTH**  
For **YOUR** life !

Take Charge is a medically based wellness program designed to help you improve and manage your lifestyle, targeting individualized health risk factors through one-on-one personal training sessions with trained and experienced health care staff.

**Includes:**

- **6 month membership to TWC**
- **12 personal training sessions**
- **Body Age Assessment**
- **6 week intense programming**
- **Baseline health data collection**
- **Individualized monthly follow-up**



Are you ready to Take Charge?  
It's time to improve my quality of life!

Do you have...



- Diabetes
- Elevated Cholesterol
- High Blood Pressure
- Family History Risk Factors
- Obesity issues

**The Health Advisory Team is ready to meet your needs!**

- TWC Medical Director Dr. Kurt House.
- Wellness Advisors are Stacy McMahon BA, ACE Certified Personal Trainer, Kristi Moeller BA, and Ashley Beeh, ACSM Certified Personal Trainer.
- Other health care disciplines provide input and guidance as necessary, including Registered Dietitians, Certified Diabetes Educator, Cardiac Rehab Nurse, and Physical Therapists.

Call (319) 332-0850 for more details and a FREE consultation.