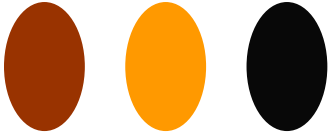


Sisters Together Comprehensive Health Management



Center of
Wellness for
Urban Women, Inc.

Components of Sisters Together:

- Trainer led Walking Program
- Life Coaching
- Holistic Nutrition Education
- Homeopathy Referrals
- Telephonic/Text Health Support

Sister Together combines the 7 *Dimensions of Wellness* in this innovative program by providing tools and resources for a TOTAL YOU!!
Live Life Well.....

<http://www.cwuwonline.org>
<http://cwuw.blogspot.com>
<http://www.facebook.com/cwuwonline>
<http://twitter.com/cwuw>

Center of Wellness for Urban Women

1075 Broad Ripple Ave #238
Indianapolis, In 46220
(Mailing Address)

Phone: 317-329-8496
E-mail: info@cwuwonline.org

Are you ready to move your body?

Sisters Together Enrollment Workshop

Sign up for the 12 week Walking Program

At the Workshop, learn about the program, weigh in, set your goals, and get started on moving your body and living a healthier life!!

Saturday March 20th

9am-11am

Holy Life Church

1621 Broadway Ave

Indianapolis, In

Space is limited. Women Ages 25-45

RSVP Required before March 19

\$5 Nonrefundable enrollment fee due at enrollment workshop.

To RSVP, email us your name, age, and phone number to info@cwuwonline.org or call us at 317-329-8496

Live Life Well...

Physical.Emotional.Spiritual.Environmental.Occupational.Intellectual.Social