

**Join  
NOW**

*The Cedar Valley's First Annual*  
**Wellness  
Challenge**



*Are You Wanting to Make a Change?*

**10 Week Challenge  
Just \$16/Week  
And ALL of This!!**

- ❖ Saturday morning group workouts led by local businesses at Overman Park by Farmers Market
- ❖ Wellness Challenge T-shirt
- ❖ Two Wellness Assessments
- ❖ Personal Wellness Quotient
- ❖ Weekly Coaching Sessions @ Agape
- ❖ Custom Menu & Fitness Planning
- ❖ Dining Out Guide
- ❖ Personalized Logs & Journal
- ❖ Wellness Article Library & Newsletter
- ❖ Weekly Wellness Insights
- ❖ Print-n-Go Shopping Lists
- ❖ Sturgis Falls 5K (run/walk) Entry Fee
- ❖ Prizes!

LAUNCHING JUNE 5th  
LAUNCHING JUNE 5th  
at OVERMAN PARK  
at OVERMAN PARK

Check Out  
[www.agapetherapy.com](http://www.agapetherapy.com)  
or call 319-277-3166

Take a step toward healthier living!



**Creating Wellness™**  
Be Fit. Eat Right. Think Well.

  
**AGAPE THERAPY**  
• [www.agapetherapy.com](http://www.agapetherapy.com) •