

# *lighten Up!*

## *with our kids' weight management program!*



The **e-Lite Kid's** program is a 12-week, weight management program for children. Your child will receive two 30 minute, fun-filled sessions per week with our one and only certified children's fitness specialist, Jeannie Cook. The **e-Lite Kid's** program is offered in small group or one-on-one sessions.

**ONLY \$59 FOR 8 SESSIONS!!!**  
**Tuesdays & Thursdays 5-5:30 pm**  
*(group price per month with 3 mo. commitment)*

### **Jeannie Cook**

- Bachelor of Arts, Elementary Education, *USM*
- Physical Education, *USM*
- National Board Certified Teacher
- Certified Personal Trainer, *AFPA*
- Certified Children's Fitness Specialist, *AFPA*
- CPR, AED, PDT, First Aid – *American Red Cross*

