

THE MILL WORKS WELCOMES GINGERSPROUTZ WELLNESS



Happy New Year! Are you struggling with weight? Do you want to improve sleep and increase your energy? Would you like a deeper understanding of food or want to find a healthy lifestyle that works for you?

Carly Bergenholtz is a Certified Health Coach specializing in women and family wellness. She meets you where ever you are on your health journey. With individual planning and daily accountability, she will guide you closer to your goals. Carly lives in Westford with her husband and two children.

- * **Are you pregnant or just starting your family and would like to find optimal ways to fuel yourself and your babies?**
- * **Are you a parent who battles time management through the weeks? Do you need ideas on how to shop and meal plan both healthfully and affordably and still find energy for yourself?**
- * **Are you a young adult looking for healthy guidance?**
- * **Are you a retiree who needs a fresh new wellness plan?**



**SIGN UP FOR YOUR FREE 30
MINUTE CONSULTATION!**

**STAY TUNED FOR UPCOMING
MONTHLY HEALTH SEMINARS**

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