
Please join us on January 15th to
Capitalize on Wellness

The Live Well Lunch and Learn Series™

Learn how you can:

- ★ **Reduce costs**
- ★ **Increase productivity**
- ★ **Support a worthy cause**



Presented by Marianne E. Morano, M.S., ACSM, CWC, a Clinical Exercise Physiologist and CEO of Designed Health Management, LLC, a company dedicated to designing programs in all areas of wellness including Nutrition, Fitness, Stress, Behavior Modification and Lifestyle Management, for individuals, groups, corporations, fitness facilities, and medical facilities.

WHO: For Business Owners, HR Professionals, Senior Management

WHEN: Thursday, January 15, 1:00PM to 2:30PM

WHERE: Club H Fitness, 423 W 55th St. (Bet. 9th & 10th)

WHY: Enjoy a healthy lunch, support a worthy cause, and

Learn about:

- The Components of Wellness
- The Effect of Lifestyle Choices
- Reducing Costs and Increasing Productivity
- Designing Effective Wellness Programs

Come early or stay late to enjoy the beautiful facilities of Club H Fitness
(bring exercise clothes, shoes and a lock – enjoy a workout or just relax in the sauna or steam room)

To attend, please register online at www.SingerNelson.com/register.php
or use form on the reverse side and make a \$30 donation to benefit any of the following organizations:
American Heart Association, The Center for Food Action, PACS/Feed The Children, REED Academy

Brought to you by:



Registration Options

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Three easy ways to register:

- 1) **Online:** Visit www.SingerNelson.com/register.php to make a \$30 donation to benefit one of the charities listed below.

- 2) **Mail:** Mail this form by Fri. 1/9 with a \$30 check made out to any of the following charities to: Singer Nelson Charlmers
Attn: Adrienne, PO Box 16, Teaneck, NJ 07666

- ★ REED Academy – educating children affected by autism
- ★ PACS/Feed the Children – funding truckloads of food
- ★ The American Heart Association – building healthier lives

- 3) **Fax:** Fax this form to 201 837-5050 and bring \$30 of canned food to the event to benefit The Center for Food Action.

Name	Title	Email	Telephone
1) _____			
2) _____			
3) _____			

Please rank topics from 1 to 5 based on their importance to you (1-lowest, 5-highest)

Your health _____ Employee health _____ Reducing costs _____
Wellness plans _____ Creating a plan _____ Other _____

Brought to you by:

