



# Making Wellness Work

## City of Concord Wellness Program

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# 14-Day Reset Program

**Did you enjoy all those yummy Holiday treats?**

**Would you like to refocus and feel energized?**

Join **Traci Komorek** from **Fresh Roots Nutrition** for this one time only discussion as she talks about her “14-Day Reset Program” to help get you back on track. You will learn about foods to help detox your body naturally, balance your hormones and improve your digestion. You can also sign-up for a one-on-one session\* to personalize your Reset Program to maximize the benefit to you.

*\*to be billed through your insurance—bring your insurance card with you to the one-on-one*

[Register](#) now to join us on this ONE DAY ONLY program:

**Monday 1/09/17 12:00 pm—1:00 pm Council Chambers**

All employees and City-insured spouses are welcome to attend during their ‘non-work’ time. You or your spouse will earn one (1) Wellflex health education unit for attending this workshop. If necessary, please remember to coordinate your attendance with your supervisor.

You may register for the education session by [emailing HR](#) or you may call 225-8535 for assistance or additional information.