

Somehow **life** got in the way...

of my **body**

my **mind**

my **well-being**.

It's time to make **ME** count.

Delta 55 & MnD Wellness
present

Life
& ME

'Life & Me' is the theme for 2 new-year workshops on the **body**
and weight loss and the **brain, will-power & sculpting a good life**.

