

## The Faculty

Right-Size  
*ME*



**RICHARD HOWELL**  
[mndwellness@gmail.com](mailto:mndwellness@gmail.com)

*"My programs have given dozens of individuals a clear path to healthier living, where not only an idea of exercise and diet remains, but a personal appreciation for the benefits of a healthier lifestyle."*

**NAZEER SULTAN**  
[nazeer@delta55.com](mailto:nazeer@delta55.com)

*"The brain takes its shape from what the mind rests on. Be careful with your intentions and attention."*



Refresh  
*ME*

Register or Gift a loved one

### Contact

Nazeer: 741 5454 or [nazeer@delta55.com](mailto:nazeer@delta55.com)

Richard: 389 2310 or [mndwellness@gmail.com](mailto:mndwellness@gmail.com)

Usha: 789 8350 or [avatarsultan@gmail.com](mailto:avatarsultan@gmail.com)

