

What's New at The Neighborhood Center

Email for The Neighborhood Center

Neighborhood.center.at.all.saints@gmail.com

Phone number for The Neighborhood Center

510-786-7767 (leave a message – we'll call you back within one work day)

New Partner

Be Healthier - a transitions 12-week class Time: Friday, February 12, 2010

Location: Fireside Room, Time: Fridays 6pm to 9pm, through April 30, 2010.

Need to lose weight or simply be healthier? The transitions 12-week program will teach you:

- Why diets alone don't work & why exercise alone isn't enough
- A healthy way to manage your weight & simultaneously increase your energy
- How to reduce your risk for heart disease & diabetes while losing body fat
- Improve your strength, stamina, flexibility & manage your stress in only 20-30 min/day
- How to dine out and eat on the go while still maintaining your social calendar

This class is a hands-on process for creating healthy lifestyle changes
and managing weight for life.

Now is the time to be proactive and take control of your health!

For additional information, please contact Jason Beito at: 510-206-6622

About the Facilitators

Jason Beito L.Ac, DNBAO

Jason is a licensed acupuncturist, certified trainer, and member of the National Strength & Conditioning Association. With over 25 years experience the field of exercise, nutrition, & stress management, Jason helps you create a customized, sustainable approach to weight management.

Arlene McMahan, CTC

Arlene is a certified Nutraceutical Consultant and Transitions Lifestyle Coach. Her passion for health education empowers her clients to make the choices needed to successfully lose weight, manage stress, and improve energy.