



Evidence-based smartphone app designed to change your relationship to eating. FOREVER.

**Do you want to feel...**

- Empowered to make healthier food choices?
- Happy and satisfied about your eating habits?
- Confident you can ride out your food cravings?

**With Eat Right Now<sup>®</sup>, You Can!**

**WellessenceMD Hosts 1 Hour Live Weekly Meetings**

**\$100 for 1 Month Commitment**



*Link to Current Class Times and Locations:*

[www. WellessenceMD.com/contents/services/classes](http://www.WellessenceMD.com/contents/services/classes)

**Registration and Information: (847) 850-8185**

[WellessenceMD.Info@gmail.com](mailto:WellessenceMD.Info@gmail.com)