

2008 Walking Souls Program

Walking Souls is a unique, informal program to gently help people back onto the road to good health and fitness. The group, not for the faint of heart or small of size, is led by Dr. Virginia Porcello.

Dr. Porcello is an obesity expert who specializes in helping people overcome emotional eating and get *moving* again. This program, now in its fourth year, was even featured in *Newsday's* July 2006 Health and Fitness Section.

Group A will meet on **Saturdays** from **9-11am**, beginning May 31st.

Group B will meet on Tuesdays from **6pm - 7:30pm** beginning June 10th

FREE SESSION THURSDAY, MAY 29TH AT 7P.M. AT DR. PORCELLO'S OFFICE

PRE-REGISTRATION IS REQUIRED

WHERE: Eisenhower Park, Parking Field # 1

Directions will be sent when you join. In case of rain, the group meets indoors.

Each week, the Walking Souls program includes handouts and worksheets with mental and physical exercises designed to help you get on track, motivational information, a 90-minute topical discussion led by Dr. Porcello and 30 minutes of exercise in one of Long Island's most scenic parks.

FEE: \$240.00 for the 8 week program (\$30/week)

Clients currently working with Dr. Porcello are eligible for a \$40 discount when they sign up for Walking Souls.

Send payments to Solutions, 1517 Franklin Avenue, Suite #100, Mineola, NY 11501. You can also pay on the website, www.solutionsweigh.com.

BONUS! *Each person you refer to Walking Souls who joins and pays in full for the program, earns you one free week!*

**Call 516-877-0200 to register, or register online at
www.solutionsweigh.com**

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