



Wellness **Discovery Program**

The 12-week Wellness Discovery Program is designed to improve and influence your behaviors in the areas of movement, nutrition and stress relief. Through self-discovery, group support and professional guidance, you learn to build your own personal wellness plan and are held accountable to taking action.

Find out if Wellness Discovery Program is the right fit for you!

FREE Information Sessions in July

Tuesdays @ 7am • Wednesdays @ 10am • Thursdays @ 12pm

Reserve your spot at the Front Desk.

For more information, contact Carlie Craven, Fitness Coach, BS, CPT at:
248.267.5622 or Carlie.Craven@midtownhealth.com

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1555 E. South Blvd., Rochester Hills, MI 48307

sola[™]
life & fitness

WDP Registration

Name: _____ Date of Birth: _____

Phone Number: _____

Address: _____

Email: _____

Name of Primary Care Physician: _____

Select your preferred days and times.

- You have 24 sessions to use within 12 weeks.
- Make up sessions will only be given on a case by case basis.
- Approval from the program coordinator is required.
- Other days/times will be available soon based on registration and demand.

- TUESDAYS & THURSDAYS, 7-8am with Carlie Craven
- TUESDAYS & THURSDAYS, 12-1pm with Carlie Craven
- MONDAYS & WEDNESDAYS, 10-11am with Carlie Craven

Desired begin date: _____

Preferred days and times if not listed above: _____

Sessions are 2 days per week for 12 weeks. All sessions will be scheduled at the beginning of the program and participants must contact coordinator or the Front Desk to switch days or times.

*To Be Completed by Sola Staff

REGISTRATION DATE: _____

MEMBER

WDP Package Purchased \$300

Staff Initials _____

NON-MEMBER

WDP Package Purchased \$600

Staff Initials _____

