

Love to Live Well.com

eat better...move more...stress less



Become empowered to reach your health goals safely & enjoy doing it!

- ✓ Weight Loss Programs/Group Classes
- ✓ Health Coaching Packages
- ✓ Individual Nutrition Counseling and/or Health Coaching (specializing in prevention & management of diabetes, heart disease, high blood pressure, high cholesterol, & obesity)
- ✓ Fridge & Pantry Healthy Makeovers
- ✓ Supermarket Tours
- ✓ Seminars & Workshops
- ✓ Walking Club
- ✓ Computerized Nutrient Analysis
- ✓ Family Wellness & Kids' Parties



What's *your* next step? To learn more:
Visit www.lovetolivewell.com
Call 877-9RU-WELL (877-978-9355)
Email info@lovetolivewell.com

Anna Love, PhD, RD, LD, MCHES
Dietitian, Health Coach, & Founder
Love to Live Well (offices in Denton,
Flower Mound, & Lewisville)

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Office Locations Serving Denton County

Flower Mound 1011 Surrey Lane, Building 200 Flower Mound TX 75022 Primary mailing address	Denton 215 E University Drive Denton TX 76209 More online offerings in 2012	Lewisville -available upon request Contact Information-All Sites 877.978.9355 (877.9RU.WELL?) 940.312.7283 (fax) anna@lovetolivewell.com
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