THE FLEURISH LETTER

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Back to School...

Archive edition. Lightly revised from the original issue to meet current content standards.



Proud momma moment! Thank you all for being kind to my girls! They have thoroughly enjoyed celebrating all of our weight loss patients and participated in encouraging them to continue on their journey. Calista and Cielo have learned how to eat well, exercise and have discipline from our patients and staff. As a mom, you know who has the most influence. So thank you all for embracing my girls!!!! It's back to school for my babies.

1. Freshman 15?

The first year of college is a good time to keep an eye on eating habits.

Sleep

Keep good sleep habits, for the whole family and especially the children.

Online registration

Please feel free to share our link!

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