**Mediterranean Wellness Program**

**Certificate of Completion**

**Congratulations James!**

You have completed the Mediterranean Wellness Program. In the course of this program, you have learned the following:

* What real food really is
* How to pull your sweet tooth
* How to control portion distortion
* How to turn down your “appetite thermometer”
* How to control chronic consumption between meals
* How to prevent stress-induced over-consumption
* How to set meaningful goals that will pull you forward for life.

**Please let your company know how you liked this program!!**

If you would like more programming from Mediterranean Wellness, or just want to make a comment, please be sure to let them know!!

|  |  |
| --- | --- |
| Member First Name | James |
| Member Last Name | Evans |
| Program Start Date | 01/19/12 |
| Rank This Program | 5 |

Submit your Completion Certificate by simply sending this PDF form via email to your HR/Benefits representative.

We have really enjoyed working with you. If you have any questions or comments at all, please let us know!!

Talk to you soon,

Will Clower