

Mediterranean Wellness Program Certificate of Completion

FOREIGN SERVICE BENEFIT PLAN

Congratulations!

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	
Member Last Name	
Program Start Date	
Rank This Program	

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