



WEIGHT CONTROL



BETTER NUTRITION



STRESS REDUCTION

WHAT'S YOUR RESOLUTION?



QUIT SMOKING



GET ACTIVE

THE RESOLUTION SOLUTION CHALLENGE

Our mission is to help you succeed this year.

WHY?

Every year, 80% of people are "off" their resolutions by February 14th. This year, we have a fun challenge that help prevent the backslide, and empowers you to carry that success through the year.

HOW?

It's simple! Just register with Mediterranean Wellness, you'll get a username/password for our secure site.

WHAT?

Your choice of five online challenges that fit the resolution you are going for this year. Starting January 16th, we'll coach you week by week right up to Valentine's Day -- what's not to love about that!?

WHEN?

The challenge begins on January 16th and runs through Valentine's Day! Log into your account at www.willclower.com/login.php to start!

REGISTER AT: <http://bit.ly/AFLACReg>

