



WHEEL OF LIFE

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LIVING the POWER of:

"The Wheel of Life"

AutomationDirect sponsors one of our employees who is a nationally recognized bass fishing champ.

Fun stress relief between teams on the weekend.

REthink MONEY
changing lives one dollar at a time

PAINTBALL
FUEL vs TECH
sponsored by AUTOMATIONDIRECT

I Want to PUMP YOU UP!
6 Weeks \$299
\$100*

Each 6-Week Session Includes:

- A comprehensive Fitness Assessment
- Goal Setting
- Individualized recommendations to achieve cardiovascular and strength gains
- Weekly monitoring and adjustments
- Two 1-to-1 hour sessions with Michelle each week

ADC AutomationDirect

\$299 for a 6-week program. \$100 reimbursement if you attend 10 of the 12 sessions. For information and/or enrollment material, please contact Mary Shick at ext. 1000 or e-mail me your request.

FREE Onsite personal finance classes are offered.

Onsite opportunities for health and wellness activities.

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