

## FOR IMMEDIATE RELEASE

Contact: Gina Van Luven, (435) 565-2062

### ***“Six Weeks to Sensational” Wellness Program Offered in Two Locations*** *Create the transformation your life needs*

March 12, 2012 – Park City, UT. Over half of the American population struggles with weight and health issues like diabetes, heart disease and autoimmune disorders. Yet there are simple, effective ways to remedy the health issues that are plaguing so many people.

In order to help people combat weight and disease, wellness speaker, author and coach Gina Van Luven has created a unique wellness program entitled, “Six Weeks to Sensational”. She will be conducting one in Salt Lake City, Utah and one in Park City, Utah. The Salt Lake City class will begin 7:00 pm Monday, March 26, 2012, and run every week for six weeks. For more program details, visit [www.6weekstosensational.com](http://www.6weekstosensational.com).

The goal of the program is to help participants implement diet and lifestyle changes that will allow them to remove the barriers that are preventing them from leading healthier, happier, more vital lives. Some participant improvements may include weight loss, better sleep, more energy, improved memory and concentration, better digestion, a balanced mood, lower levels of stress, higher self-esteem, improved relationships and reduced physical symptoms (like asthma, allergies, arthritis, cholesterol, diabetes, headaches, etc.).

Van Luven states, “I used to be a diseased person with many health issues. Now, I’m healthy, happy and full of life! I want to help others overcome the symptoms that are keeping them from being the best they can be.” Van Luven is a Holistic Health Counselor certified with the American Association of Drugless Practitioners and Columbia University. She practices in Park City and Salt Lake City, Utah, coaching clients on how to reach their health goals using a “whole body” approach (diet, lifestyle and environment). She presents workshops and lectures to a variety of organizations on living a healthy, balanced life. Please contact her for more information at (435) 565-2062 or visit her website at [www.YOUniqueNutrition.com](http://www.YOUniqueNutrition.com).

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