

Community Weight Loss Challenge

If weight loss is on your agenda for 2009,
and you are looking for some inspiration to help you
succeed this time round, why not join us for our
Community Weight Loss Challenge starting:

At the **Willagee Community Center** from 20th of April to 6th of July, at
5.30 – 6.30 and 7 pm – 8 pm
& At the **Glyde-In Community Learning Centre** from 7th of May to
2nd of July,
at 5.30 – 6.30 and 7 pm – 8 pm

These are structured programs of education and
encouragement, and if you are the biggest loser,
you can even win a cash prize!

Everyone is welcome - no specific weight loss program
required, but we will recommend things that work and
warn against things that don't work!

If you need to lose a lot or a little and want to learn how to
keep it off for good,
then you are in the right place!

Call me for details and pre- registration now and you will
receive a free Health & wellness evaluation plus
metabolism test to get a head start!

Call me now, as spaces are limited and we will be fully
booked soon!