

"A Leaner, Healthier YOU"...in 2012!

CHWB's Innovative Weight Reduction Program



Free Intro
Jan 7,
Sat 9:30 AM

Are you tired, frustrated and confused about what diet guarantees a leaner, healthier you?

We have the SOLUTION!

What you will learn:

- How to drop lbs without gimmicks, fads, or crazy diets
- Why diets fail and lifestyle eating works
- How sleep/stress make you fatter
- How to conquer food cravings
- Hidden food addictions causing you to fail
- How toxins cause weight gain
- Food allergies that cause binging
- What supplements you need to increase weight loss

Also available

One-on-One Nutritional and Lifestyle Counseling

1. Covered by most insurance, + your co-pay
2. Cash price: \$200 for 4 weekly visits; full payment required at time of scheduling.



Jan 7 - Feb 1

Saturdays

9:30- 10:30 AM

presented by

Kathleen Bundy RD

CHWB's Nutritionist

and

Angela Vittucci, RD

Weight Loss Specialist

Registered Dietitians
Certified in Adult Weight
Management

Cost: \$80 for 4 weeks

\$80 Package includes:

1. Four 60 minute classes
2. Blood pressure and Weigh-ins
3. Meal Plans and Recipes
4. Free samples and product tasting- learn how to make weight loss easy and delicious!
Prize packages for our two "biggest losers"

Options: (additional charges)

- I. Blood testing for sugar dysregulation, cholesterol, liver enzymes, etc. (before and after)
- II. Body composition analysis
- III. Weekly B12 shots

RSVP

619-814-5500