

DITCH THE DIET...*and learn*  
A Fresh New Approach to Nutrition & Your Health

Are you a chronic dieter?

An emotional eater?

Are you a person looking for that one magic pill or diet to get you back on track?

Are you tired of the constant cycle of unrealistic expectations that lead to guilty feelings and deprivation?

Attend this class to learn *5 revolutionary concepts that will change the way you approach food, dieting and your current health concern.*

*Wednesday, January 13, 2010  
Spring Lake Aquatic Center  
6:30pm*

*This class is free but space is limited. Call 616 847 5858 to reserve your seat*

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