

Lose Weight Without Hating Your Life

Are you ready to start the New Year healthy?
Ready to take off those extra pounds you gained during the holidays?
How about a few extra pounds you have been trying to lose for years?
Tired of the drastic lifestyle changes in order to drop a few pounds?

Whether you are looking to lose a few pounds or a hundred pounds, it is time to jumpstart your weight loss program for 2010 and shed that extra weight for good!

Benefits of Workshop:

- No depriving yourself or sacrificing • No drastic lifestyle changes
- Learn what really works and doesn't work • Learn why diets don't really work
- Easy ways to lose weight fast • Improve your health while losing weight
- No crazy workouts and hours in the gym

Monday, March 29th
(RSVP by March 20th)

5pm-9pm

By: Dr. Carly Smith, DC

Houston, TX (Venue to be announced)

Only \$99

Early bird special \$75 by March 13th



Dr. Carly Smith is a Chiropractic Physician from Chicago. After struggling with every diet on the market to lose weight, she consistently felt hopeless, guilty, discouraged, and continued to gain all the weight that she had lost. Only after discovering a few secrets about life, love and food was she able to lose the weight, keep it off, and not hate her life while doing it. "This program is for women who want to lose weight who have struggled in their lives and with diets of all sorts to accomplish that. It is for women who like me, has tried everything and has only been disappointed with the results. This program is about love, confidence, beauty