

5 Secrets to Permanent Weight Loss

TUESDAY, FEBRUARY 2ND @ 6:30 PM

In this workshop, you will learn:

- The steps necessary to lose weight efficiently.
- Why diets don't work.
- Why eating fat doesn't make you fat.
- About metabolism and how sugar and carbohydrates are used in the body.
- How to regain your energy and vitality...and much, much more!



**Who's speaking:
Curry Chaudoir
Diplomate in Acupuncture**

**Sponsored by:
Acupuncture & Holistic
Health Associates, and
The Foundation for Wellness
Professionals**



**Where: Bravo! Italian Restaurant
5689 N. Bayshore Drive, Suite P100
Glendale, WI 53217**

**Drinks and Appetizers will be provided.
Seating is limited to the first 20 people.
Call by January 28th to reserve your seat.
(414) 332-8888
Cost: FREE**