



 ADVANCED WORKSHOP

WEIGHT

## Lose Weight, Gain Health

Whether it is the rising cost of healthcare, the skyrocketing incidence of obesity induced illness or the fact that this generation is the first not expected to outlive its parents, weight loss is a huge issue today. Maximized Living will help you discover how to lose more weight in less time through the advanced nutrition and fitness techniques that we deliver in our offices.

**Join us for our Advanced Workshop on:**

DATE: Wednesday July 18<sup>th</sup>, 2012

TIME: 7:00 PM

### Learn:

- The link between your brain and your weight issues.
- Quickly lose ten pounds without going hungry.
- Get in the best shape of your life in only 12 minutes per day.
- Remove toxins that prevent you from losing weight.

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Help us make a difference in the lives of the people that matter most to you.

**Spots are limited, so please sign-up your loved ones for this amazing opportunity today! (this class is at NO COST)**

Thank you for being part of our family at Abundant Life Wellness Center!

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