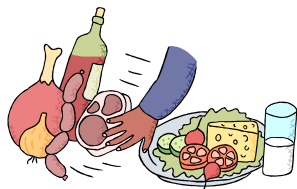


Men!!! What do you do next when ...



Diet



Plus



Exercise



Does
Not Equal



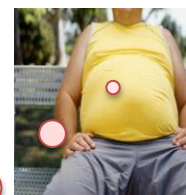
Good Health
& Sustained
Weight Loss

Why, you join our "Men Only" Healthy lifestyle & Weight loss group

- This group is designed especially for men that want to do more than just be on a diet
- Its designed for men that want to lose the weight and learn how to keep it off - forever
- Its designed for men that want to get and stay healthy - for life
- Its designed for men that want to feel their best, physically, emotionally, spiritually
- So, join us Monday evenings, 6:00 - 7:30, beginning **January 16, 2012** for 6 weeks
- You receive, education, coaching, and peer to peer support - It works, it really does.
- No products to buy, all handouts included, \$20.00 per session, \$100.00 if paid in advance

Why Eat Right?

- To Lose weight and Keep it Off!
- To improve work, sport, recreation, and life performance
- To reduce the risk of degenerative diseases & Injuries
- To reduce common health complaints and medical visits
- To Improve and stabilize your mood



Wow, I think
I'm going to
explode !!!

Call Today, Space is Limited

Bob Torgerson

Licensed Professional Counselor
Healthy Lifestyles Coach

303-278-6669

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Human Endeavors, LLC

Food Is Mood
Eat Right - Feel Right

