

Looking for Weight Loss?

Look No More For So Much More!

Finally, participate in a program that is...

**Fun
Insightful
Interesting
Motivating
Comprehensive**



Don't just lose weight; get your **WHOLE** self in shape. You are not just a body. You are a child of God that has a potential to fulfill! Activate your potential through visioning, completing unfinished emotional business and releasing the thoughts and core beliefs that are holding you back.

The Weigh Less Way More© program is a 10 week program to support you in getting back in shape... physically, mentally, emotionally and spiritually no matter what your fitness level.

The Weigh Less Way More© program includes...

- An initial "Visioning" group
- Five group fitness classes a week
- A one hour counseling session per week
- A weekly support group



You won't just lose weight; you will free yourself of everything that is holding you back from being the extraordinary person that you are!

Class limited to eight people.

Mary Curtis is a counselor who has worked in the field of weight management, fitness and counseling for 10 years. She is the owner of TalkingOverEating a counseling program helping women to overcome issues with food and self-image.



"Permanent weight maintenance, and a positive body image, go beyond just changing how and what we eat. By identifying and letting go of unconscious habitual thinking as well as habitual eating behaviors we can finally make the changes we've been seeking."

**Call Mary Curtis (949) 291-7870
www.talkingovereating.com**