

THIS IS NOT YOUR MOTHER'S DIET!

Enough of 'NO'. *Tap into what you KNOW.*



We've come a long way, baby... or have we? We choose our style, our careers, and our mates. But when it comes to our bodies and our health we are still stuck in the 'No Vote, No Choice' era of the 20's.

Well, No more!!!! We are different now and so should be our approach to weight management. This exciting presentation will open your world beyond the outdated methods of our mother's restrictive diet days and introduce you to **the CORE approach** of today's empowered woman. Participants will learn how to use their power to **transform their health and their lives.**

~ No fads, No hype, just The REAL Skinny! ~

PARTICIPANTS WILL LEARN:

- 🍷 Discuss the oldies...but not always the goodies of past weight management strategies
- 🍷 Enough of NO!
- 🍷 Discuss the mother daughter connection and impact on our self-concept and body image
- 🍷 Our mothers can only teach us as much as they know....
- 🍷 The CORE Approach - how today's empowered woman manages her health and happiness
- 🍷 Taking control of our bodies and our selves – choice, acceptance, innate wisdom
- 🍷 Discuss long term strategies of success that transcend time

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Call Today!

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