

THE PSYCHOLOGY OF WEIGHT MANAGEMENT:

Busting Barriers to Find Your REAL Skinny






You've tried them all, but nothing really works. You lose weight, but you gain it all back, and then some. What is the answer? Maybe the answer is found in the place you least expect it.

You will want to join this presentation and **discover the missing link** in successful weight management. Learn what it means to **transform your eating** and change your life for good!!

~ Success... It's More Than a Food Plan! ~

PARTICIPANTS WILL:

-  Learn the skills of successful weight managers
-  Learn what holds us back from success.
-  Learn the CORE approach to holistic weight management

"Enthusiastic and effective – the connection between Mary and the audience was amazing!"

~ Susan G., USO International Leadership Conference

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Call Today!

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