



## ***Lose Weight and Still Eat Your Cake!***

***FREE! 5 sessions of weight loss secrets... and the strategy behind making it permanent.***

It's 2014 and we're offering you some solutions for permanent weight loss.

Feel better and look better by learning how to achieve healthy results NOW!

Losing weight should be simple – and I'm NOT asking you to give up any of your pleasure foods to do it. There are easier ways to accomplish health and permanent weight loss and I am going to show you how.

Each session will progressively build on the last. In these 5 sessions you will learn:

- Easy lifestyle strategies to keep your weight balanced.
- 5 nutritional supplements that support a revving metabolism.
- The secret to cooking and eating for your ideal weight.
- The simplest way to add 10 years to your life.
- How to customize your workouts to personally increase your metabolism.

**When:** Thursday evenings, January 9 - February 6, 2014  
7:00 - 8:00 pm

**Where:** Village Green Apothecary Offices  
5411 W. Cedar Lane  
Suite 202A  
Bethesda, MD 20814

Registration for this class series is limited to 10 people. Participants must pre-qualify to attend and must be available to come to each session in order to maintain the integrity of the group. Please email your interest and contact information to: [heather@myvillagegreen.com](mailto:heather@myvillagegreen.com) and briefly explain why you think these sessions will benefit you.

*Get ready to be the envy of your friends as you comfortably drop pounds in no time!*

**RESERVE YOUR SPACE NOW!**

**Presenter: Heather Gunn, MS, CNS, LDN**

Heather is a clinical herbalist, licensed nutritionist and fitness consultant. Her special interests are in supporting overall health, weight loss, hormone balance and stress management.

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