



POLO

HEALTH + LONGEVITY  
CENTRE

# END YOUR BATTLE WITH FOOD AND LOSE WEIGHT!

## What we'll cover in this workshop:

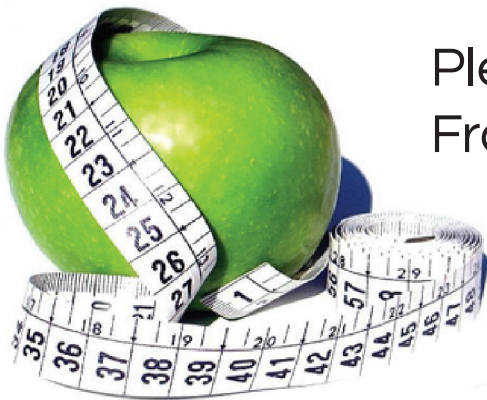
- The five things you must do to keep the weight off
- Why dieting alone doesn't work
- Managing stress
- Normalizing eating
- Body image
- Coping strategies
- Managing setbacks
- And much more...

Two day  
workshop  
June 23 &  
30th

Time 7-9pm

Cost \$97.00

\*includes workbook



Please sign up at the front desk.

Francesca Tomas RPC, RTC

or call 604.544.7656

711 Columbia Street

New Westminster, BC

V3M 1B2