

‘Lose it for Life’

An 8 week nutrition education program for successful weight loss

Are you looking for permanent weight loss? Then this program is for you. Each week you will be taught a different nutrition related topic by a certified nutritionist, that will help you to reach & maintain your weight loss goals.

Program will include:

- Weekly tips & recipes
- Overcoming common weight loss barriers
- Understanding emotional eating
- Dealing with cravings
- Weight loss plateaus
- Realistic lifestyle changes
- Benefits of physical activity



For more information and to book a place please call **Andrea** on 403 850 1906

Cost \$129 plus GST per person



Beginning Mid-February

Wednesday 7pm – 8pm

Located in Cochrane Sport Physio, 2nd Floor
Spray Lake Sawmills Family Sports Centre