

# Learning To Eat Better!

A free seminar on  
Glycemic Index.

A plan for releasing weight through healthier habits.  
June 24<sup>th</sup>, 2009

## Testimonials

*"I lost a total of 10 pounds during the challenge, but most of all, I feel great! I don't think I could have done it without all of the support. Talking to the other participants was a huge help knowing that I was not the only one learning my body. I will carry on with my new eating habits and continue to learn more about being and living healthy, not only for myself but for my family as well. Thank you, again for allowing me to be a part of this challenge and for all the positive thinking."*  
—Barbara age 38

*"At the end of this 4 week challenge I hit my first goal with this new lifestyle and my weight went under 180lbs. That's over 17lbs lost to date! I released more weight in 4 weeks than I have in 2 years...and it was simple too! My wife is definitely losing inches as well and we are so happy to be doing this together. The best part is the education you provide because now we can do it on our own."*  
—Jim age 41

### What will your testimonial say?

This educational program has been put together by individuals with years of experience in the Healthcare and Fitness Professions.

**Jeff St.Laurent:** Health Coach and Personal Trainer

**Lisa Colcord:** RN BSN

**Kelly Kurtz:** Wellness consultant, Occupational Therapist

**Have you tried Weight Watchers, Jenny Craig, South Beach Diet or Atkins more than once with limited or temporary results?**

**Do you experience cravings and hunger that you can't ignore?**

**Does your lifestyle make it almost impossible for you to eat properly?**

**Do you believe that the basis for lifestyle change is education and support?**

**If you have answered "yes" to one or more of these questions then perhaps this seminar is for you.**

### When you attend this seminar:

You will learn the benefits of eating Low Glycemic foods.

You will understand how you can feel more satisfied with fewer calories and burn more fat.

You will learn what foods help curb the carbohydrate cravings and allow you to look, feel and perform like you have always wanted.

### The program will provide:

Some valuable education on glycemic index.

An opportunity to ask questions.

A potential solution.

**A proven 4 week program like nothing you have ever tried before. It will provide you with the tools, support and resources to ensure your long term success.**

**When: Wednesday June 24<sup>th</sup> 2009**

**Where: The Fitcamp Studio,  
80 Erdman Way Suite 104. Leominster, MA**

**Time: 6:00pm: Registration  
6:20pm: Seating  
6:30-7:45pm: Seminar**

**Seating is Limited Please Pre-register.**

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