

90% FAIL

Did You Know:

The #1 New Years Resolution is to lose weight?

Did You Know:

90% fail or give up on that goal by the end of January?



**If This is You...
We Have a Simple Solution!**

Because we know how frustrating it is to feel hopeless at the game of losing weight, we thought some [valuable education](#) and a proven 4-Week Program with lots of [support](#) and [accountability](#) would be a [Simple Solution](#) for you this year!

Fact is, diets don't work, there is no magic pill or quick fix. The reason most people fail and throw in the towel so soon is because they have practiced failing eating habits for too long. That is why at this event, we will teach you how to [create winning eating habits](#) which result in [sustained weight loss!](#)

When you attend this FREE seminar event you will learn the benefits of eating low-glycemic foods and how they [naturally boost your energy](#) each day. You will understand how you can feel more satisfied with less calories and burn more fat! Discover what [tasty foods](#) actually curb your carbohydrate cravings and allow you to feel and perform like you have always wanted.

The seminar begins *promptly* at 7:00pm with some valuable education. We will then [answer your burning questions](#) and present you with a valuable solution... A proven and achievable 4-Week Program like nothing you have ever tried before! It will provide you with all the tools required to [ensure your long term success!](#)

When: Tuesday, January 17th

Where: The Gateway Business Center
3rd Floor in The Dolphin Studio
435 Lancaster St, Leominster

Time: 6:45 pm - Registration
7:00-8:15pm - Seminar

Admission: FREE

Limited Seating– Must Pre-register

Call Jeff NOW @ **978-840-1409**

Or register online and learn more at:
www.LearnHowToEatBetter.com