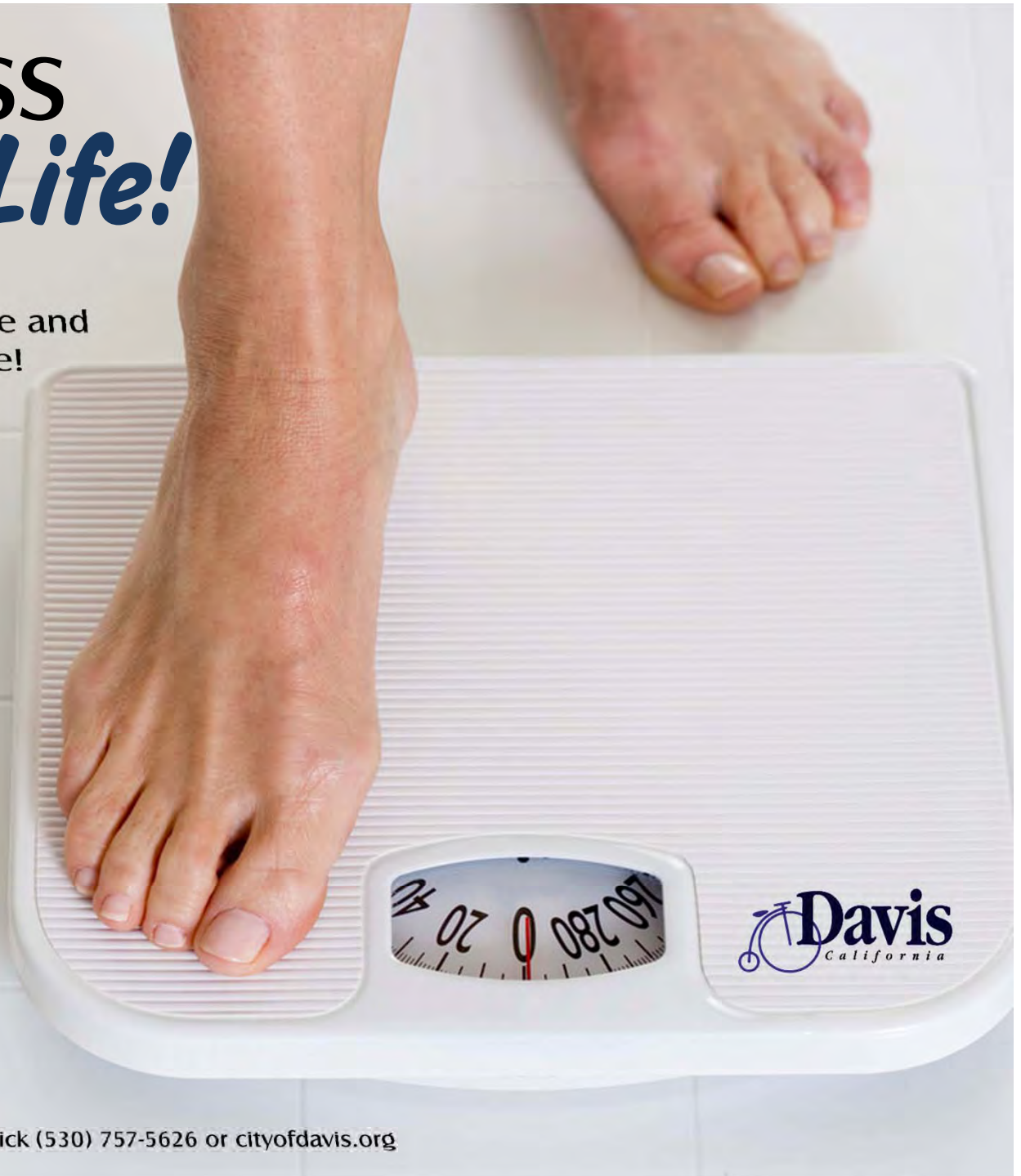


Weight Loss *For Life!*

This workshop will help you lose and keep your weight off for life!

This workshop educates you on why we gain weight, why diets don't work, and how diets can harm your body. You will learn mental tips to stay focused on your weight loss goals and discover the true meaning of losing weight. You will also learn different ways to promote healthy shopping, preparing, cooking and eating tips to avoid cravings and temptation.

2/23/2012 Thursday 5:00 – 7:00 p.m. \$25*
5/23/2012 Wednesday 5:00 – 7:00 p.m. \$25*
VMC Game Room Adults 18+
*\$6 materials fee due first day of class



For more information or for registration call or click (530) 757-5626 or cityofdavis.org