

Staying on Track

Life after
"I lost it at the club"
How to keep it lost!

**FREE
SEMINAR**

INTENTIONS  **ACTIONS**

I'll talk about how you might make it as easy as possible to:

- attain your weight/fitness goals, and/or
- maintain the goals you have achieved

***Thursday evening April 13th 2006
7:15-8:15 p.m. +
(in the aerobics room)**

with

Mandy Kotzman, Ph.D.,
Certified Life Coach

See www.creativepursuits.net for more information

