

Be the ***NEW YEARS BIGGEST LOSER***
LOOK FINE, FEEL FINE IN 2009

FREE Nutrition Classes / Weight Loss Challenge
Where you learn **PROPER** Nutrition
LEARN

How to improve your health the healthy way
Lose the extra pounds
Get your energy back
And just feel good about your self

You will receive:

- Your own personal coach
- **FREE** body analysis
- Group support and much, much more!



Donna (above) age 70 has lost 30 lbs and gone from a size 22 to a 16 and has been able to get her diabetes under control.

Shelly from Action Gas has lost 44 lbs & gone from a size 22 to a 14 in 3 months and feels better then she has in a long time.

Angie lost 90 lbs in 9 months and then went on to be a 100 lbs loser.

Everyone WELCOME

Call to Pre Register or for more information

Jackie 575-423-3267 or 575-491-2859

Classes Every Wednesday

San Antonio Elementary School

Time: 5:30 pm

Do plan on joining and let's start improving not only our Health but the whole family's health