Weight Loss Workshop







Find out the <u>truth</u> about weight loss and the foods we eat

- How do I get to an ideal body weight?
- Why can't I maintain weight loss?
- How can I get more energy?
- Why can't I sleep better?
- How can I tame these crazy hormones?
- Can I stabilize my blood pressure or cholesterol?
- Can I actually reverse the aging process?

Presented by Gene Marchese of Standard Process

When: Tuesday March 25th 6:00-7:00pm

Where: Booher Family Chiropractic

Sign up at the front desk to reserve your spot!

Sponsored by Booher Family Chiropractic