

*You're Invited to a  
Life-Changing Event!*

**Ask yourself these questions:**

- Have you battled with weight loss for many years and have you “yo-yo” dieted?
- Have you gone on extreme diets and lost weight quickly... but have always gained it back and then some?
- Are you heavier now than when you started dieting?
- Were you born with a sluggish metabolism and have you always found it difficult to control your weight?
- Are you sick and tired of not feeling healthy...with being overweight or out of control and don't know what to do?
- If you answered yes to any of these questions, then we have a program for you!



Get the results you have always wanted with the Transitions Lifestyle System®. Attend our **FREE Transitions™ Overview Seminar** and learn about low-glycemic eating, exercise, stress reduction and supplementation. Find out why this system works!

Classes now forming at **Walworth County Gymnastics Center!**

**Transitions Overview**  
**Walworth County Gymnastics Center**  
**Date: Tuesday, July 6th, 2010**  
**Time: 6:00 p.m. to 7:00 p.m.**

**12-Week Transitions Support Group Sessions**  
**Week of: July 18th, 2010**

Please contact:  
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