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Weight Loss Workshop



What: Weight Loss Workshop
with Dr. Tom Gault & Jennifer Gault

When: Tuesday March 10th 7:00-8:00 pm

Where: Gault Wellness / 5269 Jonestown Road

Info: \$25.00* start-up fee / \$10.00 per session
*Includes Weight Loss Notebook

Refreshments & Recipes:
Hearty (even though it's low-cal) **Beef Vegetable Soup**
Whole Grain Bread with Real Butter

- ◆ 1 Minute Exercises
- ◆ Breakfast Meal Plans
- ◆ Setting Goals that WORK



Bring a new guest* & waive the \$10.00 fee

**adult over 18 who is not a patient at Gault Wellness Center*