



# Weight Loss Workshop

with Jennifer Gault & Dr. Tom Gault

Tuesday May 12th 7:00-8:00 pm

Gault Wellness / 5269 Jonestown Road

\$25.00 start-up fee for Weight Loss Notebook

\$10.00 per session

Space is limited—RSVP 657-1620

Summer PICNIC Refreshments:  
**Oven-Fried Chicken**  
**Pasta Salad**  
**Seasonal Vegetables**

- ◆ Are you getting enough **FIBER**?
- ◆ Daily facing the **SCALE**—you can do it!
- ◆ Why **JOURNALING** helps (bring your food journal pages)

**BRING a NEW GUEST\* & Waive the \$10.00!**

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