

Weight Loss Workshop

with Dr. Tom Gault & Jennifer Gault

When: Tuesday April 14th
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:

Garden Salad & Pizza with Toppings:

Extra Cheese, Sausage, Green Pepper, Onion, Ground Beef, Broccoli, Mushrooms, Olives



- ◆ How to Eat Pizza
- ◆ Curbing Your Appetite
- ◆ Exposing Excuses — It's Empowering

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

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