

**SIGN UP
TODAY!**

FAT LOSS EFFEX: The Input Side

6 weekly sessions designed to help you make nutritional changes that will help you lose unwanted fat safely and keep it off for life!

- Group Accountability - Personal nutritional goal setting support and weight & measures
- What are You Really Eating? Get a handle on your nutritional habits and how to get on the path to eating better
- What Does Your Body Really Need? The low down on carbohydrates, fats and protein
- Making Sense out of the Label Jargon
- Mindless & Impulse Eating vs. Smart Snacking
- Eating On The Run, Shopping & Dining Out
- Fat Loss Tips & Strategies
- Reference Handbook, recipes and more...

Cost: \$79

Nov 18 - Dec 23, 2008 Tuesdays 7:30–8:30 pm
Limited registration call **780.449.5145** today
to avoid disappointment.

FAT LOSS EFFEX: The Input Side

How did our participants from the last session respond to the evaluation? (6 out of 10 responded) 1: Poor 2: Fair 3: Good 4: Very Good 5: Excellent

The workshop met my expectations:

5 5 5 5 5 5

Amount of class planned participation:

5 5 5 5 5 5

Quality of instruction:

5 5 5 5 5 5

Length of workshop was about right:

5 5 3 5 - 5

Overall satisfaction with workshop:

5 5 5 5 5 5

Comments:

We did quite a bit this but would like more work on “better choices”...Really good suggestions & supports! Thank you!

The very best 6 weeks I have ever had. So much support and new friends. I know now I am not alone! :)

Could be 8 weeks (long), got great info. I enjoyed Saturday mornings a lot. The people have been wonderful, Maggie & Sheryl are amazing and I truly appreciate you. Thank you.

I think that everything was a #5. Could have been longer. Thanks.

Would like to continue the class. The support of everyone was very helpful.

I would like it longer but I need to learn to support myself and not rely on others.

This was a wonderful experience and something I wish was a regular part of my week. I learned a lot and hope I can put some of things I have learned into my everyday life. Thank you Maggie & Sheryl