



COME JOIN OUR WEDNESDAY NIGHT INFORMATIONAL & SUPPORT GROUP

If you could enjoy optimal health would you choose to do so? Is there any reason to delay?

We welcome anyone who wants to live a healthier lifestyle to come and see how Take Shape for Life can change your life. Anybody who follows the program's protocols *will* lose weight quickly. We can then go beyond weight loss to achieve *optimal health and longevity*.

People share many characteristics with their circle of friends. Spend some time with folks who are dedicated to being healthy for the rest of their lives.

We'll talk about how you can use the "eggshell" that TSFL support provides to protect you from distractions. We'll review our "bio-network" that is available to all clients.

Bring along a friend. It's always fun (and often more effective) to do the program with someone you know.

We are looking forward to seeing you!

***Date:* Wednesday, August 31, 2011**
***Time:* 7:30 – 8:30 p.m.**
***Place:* Sue Flynn's house**
5 Daly Street
Worcester, MA 01605

Please call Susan or Jan Huffman at (617) 527-8849 by Tuesday, August 30th if you can join us, write to info@susanhuffman.com, or reply to this email.

Let us know if you would like to carpool from Newton at 6:30. If you find that you can come at the last minute, come anyway.

FREE support (like this meeting) is a large part of this program and is one reason why it so much more successful than many others.

www.susanhuffman.com