

Quick Weight Loss: facts and fiction

Your Date Your Time
Your Company

“Lose 30 pounds in 30 days.” Can it be done?

In our fast-paced world we all want results now; actually we want it yesterday. Is there a fast track to weight loss? Whether you have five pounds to lose or 105 pounds you need to know what really works and what is a waste of your time. Join speaker **Ali Waelchli-Brooks** for this informative and entertaining wellness seminar. Ali is a degreed, certified wellness professional who does consulting throughout Arizona.



For more information call: Ali at 623-521-7263

