

**Join us for a
Behavioral Weight Management
Workshop
on
Nutrition, Physical Fitness and Beyond**

We will map out a plan to help you lose weight and create a healthier lifestyle. Learn how to improve your nutritional habits, change behavioral patterns and increase physical activity—change the way you think about food, weight loss, and yourself. Gain support from others with common goals.

Starting September 12th through October 17th 2006.
Classes held on Tuesday Nights, from 6:00 – 7:00 p.m.
Facilitated by Sam Duckworth, LPC, and other Corphealth Professionals

Class held at:
Corphealth
1701 Centerview Dr, Suite #101,
West Lakes Office Park, #6 Redding Building
Little Rock

**To register contact Sam or Kanisha at
866-378-1645**

Hurry space is limited!

**Classes are free,
no co-pay is required**

