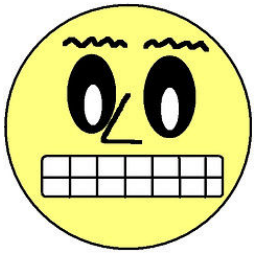
HOLIDAY SEASON
WEIGHT MANAGEMENT GROUP

Do you stress out about food, especially this time of year?
Do you feel deprived or guilty - or both?
How can you stay on track towards your goals with that kind of stress?

If **=** 

join us for our weekly group

the four Wednesdays of the holiday season
November 28th – December 19th
from 7:00 – 8:00 p.m.

In this fun, interactive group we'll:

- Practice a proven technique to minimize immediate food cravings!
- Explore our complex emotional relationship to food, particularly the special treats associated with our childhood holiday traditions!
- Gain refreshing new clarity on what we choose to eat!

Cost: $50 per person
To register call All About You 978-874-6200
or visit www.ALLaboutYOUsolutions.com

all about you
Solutions for Body & Soul

Presented by Cheryl Menard
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