

# HAVE YOUR IDEAL WEIGHT LOSS ALL YEAR

**CHOOSE FROM THESE DATES TO JOIN US**

THURSDAY JANUARY 25TH AT 1PM

MONDAY FEBRUARY 5TH AT 6PM

THURSDAY FEBRUARY 22ND AT 1PM

MONDAY MARCH 5TH AT 6PM

**FREE  
Tastings**

**(First 15  
People)**

For Each Session

**RSVP**

*by day before event*

**561-401-3467**



## Tips for a New You.

**LOSING WEIGHT IS NOT ALWAYS EASY,  
BUT IT IS SIMPLE...  
FOLLOW OUR HELPFUL PROTOCOLS.**

**EDUCATION IS THE KEY,  
KNOWLEDGE IS YOUR WEAPON  
FOR MALES OR FEMALES.**

*IT'S NOT JUST ABOUT LOSING WEIGHT.*

*IT'S ABOUT HOW TO LOSE IT AND KEEP IT OFF.*

*IT'S ABOUT GETTING YOUR LIFE BACK AND  
REGAINING YOUR HEALTH AND VITALITY.*

### **Hope Health & Wellness**

4290 Professional Center Drive,  
Palm Beach Gardens, FL 33418

**HOPE**  
HEALTH & WELLNESS