

Smart & Fit Weight Loss Program

September 11-October 9, 10 am

Georgetown Market ♦ 317.293.9525



Join others seeking to get fit and lose weight in a 5-week program that will help you lose weight in a manner that's smart and that improves your health. You will learn how to decipher food labels, learn what nutrition you really need, create a plan to eat more healthily, learn how to banish cravings, and create a realistic fitness program that you'll enjoy and maintain. Program starts September 11 and will meet every Saturday at 10 am through October 9. Program includes:

- ✎ Educational seminars and support group sessions with access to an online support group
- ✎ A personalized, half-hour consultation with a weight loss coach
- ✎ FREE attendance at other September classes offered at Georgetown Market

This program will provide weekly education and support to help you meet your weight and fitness goals while helping you:

- ✎ Calculate your ideal weight and the amount of food needed to reach and maintain it
- ✎ Create a personal plan to start making better food choices
- ✎ Create a realistic fitness plan that you enjoy
- ✎ Effectively deal with cravings

Program fee: \$75, payable in 5 installments of \$15. Please call 317.293.9525 to register.

Pamela has more than 20 years experience in the natural health field and speaks nationwide on a variety of health issues. She is a former size 18 who safely and naturally lost weight while improving her fitness level. She still battles weight issues and loves to encourage others while sharing her own struggles and victories.



Good Works Wellness Research, LLC
Experience the wellness God intends for you!!™

Pamela Reilly, CNHP, CNC, CPH
Naturopath & Raw Foods Life Coach
Founder, Good Works Wellness, LLC

Providing a naturopathic approach to wellness with services in Herbalism, Nutritional Counseling, Kinesiology, Iridology, Dried & Live Blood Cell Analysis, Aromatherapy, Living Foods Life Coaching and others.

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