

# Reduce Your Stress!

## Lose 15-20 lbs in a month!

### *FREE* Weight Loss & Wellness Seminar

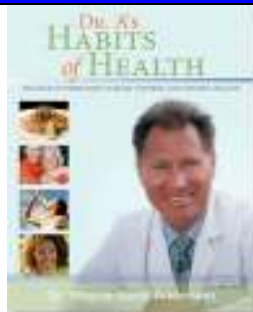
*You don't want to miss this opportunity to reclaim your health!*



*Julie VanBelle*  
Lost 143 lbs in 59 weeks and has maintained her weight loss for 7 months.

- Decreased BP
- Lost Cravings
- Maintained loss

Join us every month on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday @ 6:15pm



*Learn how to incorporate the TSFL program as described in "Dr. A's Habits of Health" so you can easily:*

*Lose up to 15-20 lbs per month:*

- ✓ *Safe* – clinically researched through Johns Hopkins.
- ✓ *Quick* – keeps you motivated
- ✓ *Simple* – fits into nearly every lifestyle.
- ✓ *High Energy* – naturally, with no stimulants.
- ✓ *Minimal to No Hunger or Cravings* – so you can easily stay compliant.
- ✓ *Personalized Coaching* – *At no extra cost, increasing your chance of success and maintaining your loss!*
- ✓ *Affordable* – all the support and meal replacements for less than what most people spend on groceries.

*Where?*

*Snyder Family Chiropractic*  
*1003 Egypt Rd. Bldg A*  
*Oaks, PA*  
*(610) 935-5900*

*www.drjeffsnyder.TSFL.com*  
*Seating Limited Call NOW!*