

# Smart & Fit Weight Loss Program

**Mondays in January, 6 pm      Georgetown Market**  
**317.293.9525**



Join others seeking to get fit and lose weight in a 4-week program that will help you lose weight in a manner that's smart and that improves your health. You will identify your ideal weight, create a plan to eat more healthily, effectively deal with cravings and create a realistic fitness program at the same time. Program starts January 4 and will meet every Monday at 6 pm through January 25. Program includes:

- ☞ Four educational seminars preceding support group sessions on Monday nights
- ☞ FREE attendance at the January classes: "Detoxification and Cleansing" on 1/7 and "Naturally Balancing Thyroid Issues" on 1/21

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

- ☞ Create a personal plan to start making better food choices
- ☞ Identify your ideal weight and create a plan to reach it
- ☞ Create a realistic fitness plan
- ☞ Effectively deal with cravings

Program fee: \$50, payable in installments. Please call 317.293.9525 to register.

Pamela has more than 20 years experience in the natural health field and is a former size 18 who safely and naturally lost weight and improved her fitness level.



**Good Works Wellness Research, LLC**

*Experience the wellness God Intends for you!!™*

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

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

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# *Smart & Fit*

## Weight Loss Program

### Meeting Schedule

**January 4: Introductory Meeting, 6 pm** — Complete the introductory worksheets that will help you learn how to figure your ideal body weight, identify foods you want to eliminate and begin creating a realistic fitness program. This introductory session will include opportunities to meet the other participants and form support relationships to carry you through your fitness quest.

**January 7: Cleansing and Detoxification Class, 6:30 pm** — Learn how to effectively cleanse and detoxify your body using natural methods.

**January 11: Nutrition is Easy, 6 pm** — Learn the basics of nutrition and smart ways to eat healthily and lose weight. Followed by a support group meeting where you can share your successes and struggles while learning from others.

**January 18: Cravings Be Gone, 6 pm** — Learn the Emotional Freedom Technique (EFT) and eliminate cravings! Followed by a support group meeting where you can share your successes and struggles while learning from others.

**January 21: Naturally Balancing Thyroid Levels Class, 6:30 pm**

**January 25: Fitness is FUN, 6 pm** — Learn tips and tricks to stay on a fitness regimen and improve your fitness levels. Followed by a support group meeting where you can share your successes and struggles while learning from others.

**February 1: Graduation Ceremony, 6:30 pm** — Join your fellow participants in a congratulations ceremony!