



Christmas will soon be upon us with all its festivities

It can be tough trying to maintain a healthy weight and lifestyle this time of year. You can, however, with Donna's proven methodology.

Did you know: **The average person puts on between five and ten pounds between November and January?**

Consider the wisdom in taking proactive steps now to develop skills for navigating the holiday season without adding those extra pounds. "The Little Black Dress" Course offers inspiration, support, and solutions to maintain balance and enjoy the holiday season.

This Pre-Christmas Course is On Special During October

It Includes Weekly Sessions, Follow-Up Notes, Between Session Booster Chats, Special Training Videos, and lots more including:

...**T'is the Season to Feel Overwhelmed** - Work & Lifestyle Stress-Easing Strategies.

...**Socializing Success** - Managing Festive Events, Office Parties, Church Socials, and Drinks and Delicacies - Without Over-Doing It or Denying Yourself.

...**Rescue and Recovery** – Design Your Own "*Damage Control Plan*".

...*plus more*



The Little Black Dress (or Skinny Jeans)

Each Segment of the dress or jeans equals 1 lb, 1 kg, down.

SKINNY JEANS



Registration Specials

1. Organize an At-Work Group (or Group with Friends) and Your Registration is Free. (Minimum 6 people, including You.)
2. Join an On-Line Group Beginning in October - 9 Week Course - \$365.00
3. Private Coaching Special - 9-Week Course - \$900.00 (Regularly \$1,575.00).