

AttractThin

Become Thin From Within!™

A Weight Loss Program Brought to You by Living Well Health & Wellness



Are you tired of weight loss programs that only focus on “calories in, calories out” or make you eat processed frozen foods?

Do you want to overcome emotional eating, scheduling issues, diet saboteurs as well as cooking and shopping challenges so you can live your life, eat your own food and lose weight?

Our program, designed with you in mind, includes:

- A comprehensive health evaluation with laboratory testing to determine how your metabolism, stress management and physiology are performing
- Personalized meal planning and dietary recommendations based on your lab results, not cookie cutter meal planning
- Health-care professionals credentialed in their respective field of expertise to guide you through your weight loss journey
- Eating real foods in restaurants and at home so you can continue eating after the program
- The most cutting-edge Energy Psychology classes using EFT to whip your cravings into shape and squash anxiety
- Personalized exercise plan that will burn fat while super-charging your metabolism
- Teaching planning strategies to help you plan and execute your lifestyle goals your way
- Personalized support at every step of your journey
- Metabolic supplements to correct underlying imbalances contributing to your weight loss resistance
- Skills to use for a lifetime

Come learn more about the first phase of the AttractThin lifestyle which is detoxification. Register now, space is limited.

***Thursday, January 8th from 4 - 6pm
Thursday, January 22nd from 4-6pm
Wednesday, February 4th from 7-9pm***

COST: \$25.00

**Living Well Health & Wellness
(at the corner of Frankford Rd and Pear Ridge)
(972) 930-0260**



**info@livingwelldallas.com
www.livingwelldallas.com
972-930-0260**

**Living Well Health & Wellness
4801 Frankford Road, Suite 200
Dallas, TX 75287**