



**Now Offering 2 BreakthroughM2 Programs
For “Newbies” and “Current BreakthroughM2 Clients**

BreakthroughM2 Lunch 'n Learn ~ Lose Weight Now

Most people want to feel and look great, right? With the holidays approaching, now is the time to achieve your personal best with your "fit and weight goals". The BreakthroughM2 program helps men and women lose weight rapidly and teaches you how to keep it off through a healthy, clean lifestyle eating plan. Learn about the program in our introductory lunch 'n learn to be held at Eggspectation in the Village at Leesburg.

Friday, October 20th from 11:30 am – 1:00 pm
\$25 per person ~ reservations required
Register: email, call or on-line Space is limited

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Free Seminar for Present & Past BreakthroughM2 Participants

You're in one of two camps: you successfully lost your weight and want to maintain your weight loss OR you have been overtaken by temptation and have begun to gain some of your weight back.

In this seminar, let's talk women : women on how to reset, lose and maintain your weight loss!

Friday, October 27th 5:00 pm – 6:15 pm
Dr. Suzanne's Office in Lansdowne
RSVP required