



Are you **EATING** enough to **LOSE** weight?

Strange as it sounds, **most people aren't!!** If you've been thinking about losing weight, consider joining the new weight loss education program created by the doctors who wrote the book, ***The Full Plate Diet***. It's an eight-session program in a book club format and is intended for small groups. The classes will show you:

- ⊙ How to **enjoy a full plate** and still lose weight
- ⊙ The **55 foods** in your grocery store that can help you lose weight
- ⊙ How you can **escape** the yo-yo dieting trap
- ⊙ The **10 weight loss tools** successful losers use unconsciously
- ⊙ How you can **lose weight** even if you feel like giving up



Interested in joining this unique weight loss book club? Each class is about **one hour, eight classes** in total, in a **relaxed** but **fun atmosphere**. Have fun learning with others as you lose weight and get healthy! Call or email Bev to **register today!!** Here's the information:

Date:	Tuesdays, October 5 - November 30, 2010
Time:	7:00 - 8:15pm
Location:	4915 Bathurst Street, Suite 221, Toronto
Facilitator:	Beverley Edwards-Miller, Registered Dietitian
Phone:	(416) 203-0451
Email:	bev@bevhealth.com
Fee:	\$140 (includes participant kit, resources, grocery shopping tour)



**Space is limited to 10 people.
Registration is required.**