

Eat Your Heart Out

Stop emotional eating forever

Feb 20-21, 2010

“ I never thought that I would be a weight loss success story! ”
Kristine. A.

We all know the stats ... over 80% of people who lose weight will gain it back again and then some. Being overweight is one of the largest indicators in future heart disease, diabetes, cancer, arthritis and many more frightening diseases.

Why are so many of us caught up in the yo-yo dieting cycle?

It's not about the food

Join me and discover the steps to end this cycle forever. Lets shine a light on your own reasons for ending your struggles with food ... and have some fun doing it.

“ I've been involved in the personal growth movement for over 16 years now and yet this day shifted my thinking more than any other process, and at a deeper level than I ever could have anticipated. I am truly changed, with an even more open and grateful heart. ”
Mary-Anne. M.

Join Dr. Laina Shulman

Director of Southwestern Ontario's Shulman Weight Loss Clinic and creator of the "Eat Your Heart Out" program

Join Dr Laina on FACEBOOK

Cost: \$497

Early Bird Special before Jan 15th \$397

Buddy Bonus

Sign up with a "Buddy" and save an extra 100.00 off!

Call (519) 642 7800 or email info@pure-health.com

Call today, only 16 spots available!

Sat. Feb 20, 9:00 - 4:30 Sun. Feb 21, 9:00 - 2:30

All work at the seminar is done independently, there is no mandatory "sharing with the group".

The seminar will be held at the Station Park Inn, 242 Pall Mall Street, London, ON (519) 642-4444