



## 'Tis the Season? Really?

Worried about how the holidays will affect your health and nutrition goals?  
Concerned those cookies will win?

Make a REAL commitment to your **ULTIMATE HEALTH™** and join Lori and Deb at our next Nutrition Seminar where we will teach you tested strategies for **eating during the holidays** and even **eliminate sugar!**

Bring a friend and let our trained staff show you **real methods** to ensure the holiday season doesn't sabotage your hard work!

Seating is limited. Call us at (508) 210-0731 or sign up at the front desk!

DATE:	Wednesday, December 2nd
TIME:	5:45PM – 7:15PM
WHERE:	Ultimate Fitness
Member Fee:	\$49.00
Non-Member Fee:	\$69.00

*(\*Participants in previous Ultimate Fitness Nutrition Programs fee: \$29.00)*

Attendees will receive transformative, informational handouts!  
Refreshments will be served.