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A New Seminar

# A Lifetime of Wellness

Get an amazing breakthrough  
in getting and keeping healthy!

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**Mondays 7pm-9pm beginning this Fall**

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The M&Y team will help you:

- ◆ Understand how your body functions
- ◆ Learn how to be successful at setting goals.
- ◆ Understand detoxification and supplement use.
- ◆ Set and implement goals to exercise regularly.
- ◆ Achieve a balanced lifestyle.
- ◆ Identify ways to improve your overall health and wellness.
- ◆ Identify key health principals to change your life now and on an ongoing basis.
- ◆ Provide tools to help you implement and maintain the daily changes you will need to make to accomplish the goal of great health and life longevity.
- ◆ 2 hours once a week for 4 weeks.

**Set Goals, Get Results!**

This life altering program  
has a health investment of only:

**\$ 175.00**

Plus HST - CASH OR CHEQUE ONLY

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