

FREE Lecture

Diets Don't Work

Still Want To Lose Weight...Permanently?

Come listen to obesity survivor and best-selling author Julia Havey. Julia recounts how she lost 130 pounds *without dieting!* And she has kept it off for more than 14 years. Real weight loss. Permanent weight loss.

Julia will teach you what *really* works—safe, sane and healthy techniques... and a few secrets too!

"Julia has walked the walk and shares her insights into how we can join her in gaining wellness through healthy weight control."

– Dr. Mehmet Oz

Wednesday, August 18, 2010
7:00 pm - 9:00 pm

Healthy Life Market
3 Mall Road
Barboursville, WV 25504

Seating is limited!
RSVP at the store today
or by calling (304) 736-9435



PLUS
Useful and
effective tools
FREE - just for
attending!

The Vice-Busting Diet e-book

Julia's 26 week program including a self-discovery workbook, daily audios and email—support the entire way!

www.ViceBustingDiet.com



Join Julia's campaign to change a million lives, one at a time, with insight and compassion