

Yo Yo no more!

Win the battle of dieting – and lose – once and for all.

Join Dr. Amy Bader and learn how to lose weight and keep it off by working *with* your body, not *against* it. Discover how metabolism, appetite and mood play a role in healthy weight loss. Learn how to balance your hormones, reset your metabolism and control your appetite. Reach and maintain your ideal weight once and for all!

Thursday, October 20, 6:30pm

To register, call 503.241.3579

Space is limited. Register today!

THRIVE

Age beautifully.