

# Hungry for Results????

*Are you thinking about losing some weight but not sure how to get started?? To help you get the results you want Peak will be offer a series of FREE Nutrition workshops with a different topic each session!! Along with the workshops we will be inviting one of our Peak members who have been successful to share their successes and results!!*

*Our first Hungry for Results Workshop will be held on...*

Monday, July 12<sup>th</sup>  
6:00-6:45pm

Topic will be...  
How Many Calories Should I Eat Per Day  
Portion Control

Results Guest will be...  
Kristen Wentworth

Presenter...  
Mary Ann Wood

This workshop is FREE, but we need at least 10 to pre-resigter!! Just sign up at the front desk!!!