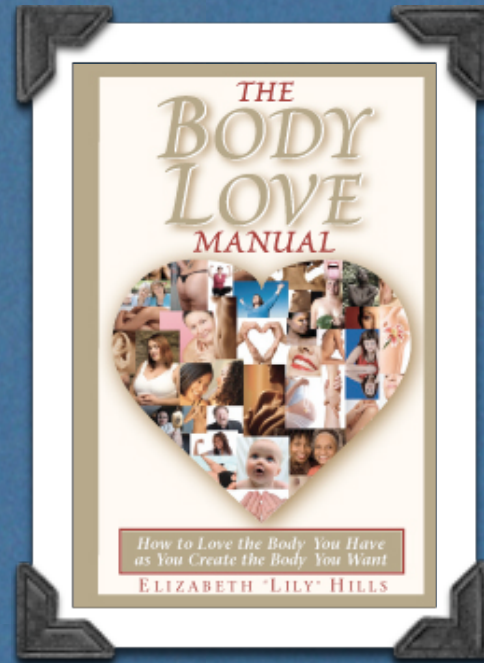


Are you tired of worrying about your weight? Are you ready to give up dieting forever? Are you open to loving the body you have as you create the body you want?

Join Elizabeth "Lily" Hills, life coach, radio show host and the award winning author of "The Body Love Manual" for group coaching sessions designed to support you in achieving your healthiest weight...permanently...without dieting or denying yourself your favorite foods.



+



= ***You'll Learn How to:***

- * ***Overcome compulsive eating issues***
- * ***Find alternatives to food to handle stress***
- * ***Tap into the wisdom of your body as it leads you to your natural and healthiest weight***
- * ***Eliminate dieting from your life forever***

Sponsored By:



**First Class begins Tuesday, September 28th, 2010 at Energia Body Centre at the Del Monte Shopping Center
Classes meet Tuesday evenings from 7:00-8:30 p.m.**

Limited Space- Call to reserve your spot- Tuition for Four week course- \$125.00
Call Lily at Peaceful Planet Publishing for more Information: 831-622-9864

www.TheBodyLoveManual.com