

# Fat to Fit, Bit by Bit - The lecture series.....

Dear Patients and Friends,

We have worked out the details of the upcoming lecture series on my book.

Here's what this is all about: Whether it's the beginning of ANOTHER new year, with you embarking on a New Year's Resolution or the beginning of Spring, or Summer with bathing suit season fast approaching, or it's Fall and you're going off on a Caribbean Cruise: the time to start being more 'FIT' more slender, leaner, stronger or just healthier in general is RIGHT NOW!

Am I right?

Well, if you'd really like to start off on the right foot – here's your opportunity to participate in a lecture series about my recently published book; section by section, which will encompass 3 lectures, every two weeks, for 6 weeks, with YOUR interaction and input making it that much more personal!

The first lectures ....Overview and Motivation; will give a brief overall overview of the series and focus on YOUR MOTIVATION to follow through with the program.

Then at the second lecture, we'll chat about Diet / Snacks; in more of a lecture format, and start on 'Exercise' with the final lecture to finish off on Exercise, and then discussing Rest, and The Nervous System / and Chiropractic health care with your conclusions as to what your GOALS in health, are all about.

So....if you or a friend or family member are interested in getting healthier right now and are through JUST talking about it....like you ( or they..) might have done before...

.....call our office and give us your name; the names of your friends who'd like to come with you ( always better to do these things with friends for support and motivation....)....and we'll set you up for the start of the next lecture series...which will be on a Tuesday nights at 6:15PM.....

**YOU DON'T HAVE TO BE A PATIENT OF THIS OFFICE TO ATTEND.....**

Here's the deal: all you have to do is call our office at 602-224-5141 and tell Kim when she answers the phone, the names of those who are interested and your phone numbers .....

**THEN get READY to release all that excess weight.....and turn your body into a lean sleek frame covered by well toned muscle.....!!!! And not only that..... we'll work on goal setting and achievement.....and make 2007.....the year YOU GOT EVERYTHING YOU SET OUT IN YOUR NEW YEAR'S / SPRING / SUMMER or FALL...RESOLUTIONS.....!!!!.....( well...wait a minute...fine print ..... Disclaimer here....you have to put in the energy and show up and participate to do that.../ ..the amount of energy you put in.....determines WHAT you get out of it.....!!!!.....yup...means you have to WORK for it !)**

So call our office today ....and let's make 2007 a year to remember

See ya soon!

Sincerely,

Dr Stephen J. Doholis DC