



STATE OF THE ART PERSONAL TRAINING  
FOR LIVING A HEALTHY STATE OF MIND!

**314-517-1565**

# Weight/Fat Loss Clinic

## You Will Learn:

- Food Journals
- Getting Away From Diets
- Exercise and Weight Loss
- The Carb/Protein Balance
- How to Control Portion Sizes
- Difference Between Hunger  
And Emotional Comfort
- How to Enjoy Food



## DO YOU STRUGGLE WITH YOUR WEIGHT?

Do you lose 10 pounds or more and then gain it all back? Are you constantly going on and off a "diet"? Then come to this exciting new six week weight loss clinic hosted by ACE-certified Health Coach and Personal

Trainer, Maurie Cofman, C.E.S.

*Each week contains 30 minutes of group strength workout and 30 minutes of Weight Loss Strategies.*

Cost is \$180 for six weeks (min 4/max 8)

Space is limited! Be one of the first 8 people to enroll so you don't miss out!

Sign up today—314-517-1565



Maurie Cofman C.E.S.  
314-517-1565  
[www.mauriecofman.com](http://www.mauriecofman.com)

Please call for a free consultation ▶▶▶

