

Stop rushing to the same old meetings just to be weighed? If you feel like...*”been there done that”* describes your attempts to manage your eating, visit our web site and see a fun new way to finally stop the madness of dieting.

You are invited to



In the comfort and privacy of your own home

Enjoy 6 one-hour LIVE sessions on the WEB Every week. You will:

- Discover your personal formula for weight loss
- Determine your daily choices for healthy eating
- Develop an exercise routine that fits your needs and schedule

GET the Aha for living a healthy life in concert with food

ONLY \$99.00 for SIX weeks!!!! PLUS 6 additional Weeks Members Only Support

Pay pal and email sign up on the link below!!!

January Sessions:

Sunday Evenings 8 pm – 9 pm Starting Jan 16

Register at <http://www.behappyinyourskin.com/contact.php>

Sign up using the contact us form, in subject line indicate which class, day and time.

Then proceed to Pay Pal

Once payment is received a welcome packet will be emailed to you

Congratulations, you have taken the HARDEST step

Maximum class 25 people

"I don't have time to eat healthy' is what I always said as a very busy mom and full-time teacher. BHIYS is a very 'do-able' eating plan that I can stick with for the rest of my life and not feel deprived."
Laura - Teacher

For more testimonials go to:

http://www.behappyinyourskin.com/success_stories.html

To Be Happy In Your Skin sign up at:

<http://www.behappyinyourskin.com/contact.php>

Active demanding careers can limit healthy eating, time for exercise and increase stress

FAQ's

Q: Will it be a taped webinar?

A: No, it will be live and tailored to the attendees on the WEB

Q: Will I see a live person?

A: Yes, and you will have the opportunity to interact using voting buttons and instant messaging

Q: What if I have personal questions?

A: During the 6 week program you will have the opportunity to email, text or have limited phone calls for personal attention.

Q: What if I can't make a session?

A: All sessions are recorded and available for a limited time to the participants.

Q: What else can I expect?

A: Diaries are read and guidance is given.

To learn something NEW or finally "get it"

To laugh and enjoy a feel good program

Surprises!