



# Lighthouse Health & Body Makeover August Classes!

**SIGN UP NOW!**  
**Seating is Limited**



## COOKING CLASSES & WEIGHT LOSS EVENTS

### Summer Grilling Cooking Class!

*Wednesday, August 12, 5:30 PM*

Grilling is a great, healthy way to add variety to your meals! Forget the boring burgers... This week we'll be making flavorful turkey sliders that will leave you craving more!

### Candida Cooking 101!

*Wednesday, August 26, 5:30 PM*

This class introduces fun and simple Candida recipes. You'll be surprised how delicious the basics can be! Come learn little-known tips for tasty, clean eating!

### BREAKTHROUGH WEIGHT LOSS CLASS

*Offered Twice Weekly, Every Tuesday and Wednesday*

This breakthrough Weight Loss Class will teach you exactly what is keeping you from your goal weight, and what you can do to start taking control of your life! Come alone or bring a friend. **(Attendees have reported losing 5 pounds just by implementing the information at this class!)** Register online at [lighthouse.weightseminar.com](http://lighthouse.weightseminar.com)!

**Bring your friends and family to our FREE Weight Loss Support Group (every Monday at 6:30 PM)! Come get the support you need!**

**Register** by calling  
**801-265-3400!**

Seats fill up fast!

### Questions?

We're always happy to help – call us at 801-265-3400.

**For a limited time only, we're offering these classes for FREE!**

**Calendar on reverse side.**

**Are you worried about gaining back all the weight you worked so hard to lose? Don't worry! Our clinic offers...**

**Maintenance Programs!**

**Call us to learn more!**

LighthouseHealth  
& BODY MAKEOVER



# August 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Clinic closed
2 Clinic closed	3 Support Group @ 6:30 PM	4 Weight Loss Class @ 12:30 PM	5 Weight Loss Class @ 6:30 PM	6	7 Clinic closed	8 Clinic closed
9 Clinic closed	10 Support Group @ 6:30 PM	11 Weight Loss Class @ 6:30 PM	12 Weight Loss Class @ 6:30 PM SUMMER GRILLING COOKING CLASS @ 5:30 PM	13	14 Clinic closed	15 Clinic closed
16 Clinic closed	17 Support Group @ 6:30 PM	18 Weight Loss Class @ 6:30 PM	19 Weight Loss Class @ 12:30 PM	20	21 Clinic closed	22 Clinic closed
23 Clinic closed	24 Support Group @ 6:30 PM	25 Weight Loss Class @ 6:30 PM	26 Weight Loss Class @ 6:30 PM CANDIDA COOKING 101 @ 5:30 PM	27	28 Clinic closed	29
30 Clinic closed	24 Support Group @ 6:30 PM					

## August Skinny Contest!

Remember: You can do this, *one day at a time*. Sign up now to keep yourself accountable! This month's contest winner will be whoever loses the most weight (lbs.).

### Contest Rules:

1. Come into our office anytime in the month of August – the sooner the better! Let our staff know you'd like to enter this month's contest.
2. Return to our office during the last week in August (24-27) before 7:00 pm for your final weigh in.

This month's winner will receive:

**3 Free Detoxifying Body Wraps!**

