



Lighthouse Health & Body Makeover July Classes!

SIGN UP NOW!
Seating is Limited

COOKING CLASSES & WEIGHT LOSS EVENTS

4th of July Cooking Class!

Wednesday, July 1, 5:30 PM

This week, we'll be creating a delicious meal that's perfect for the 4th of July! Ditch traditional hamburgers and hotdogs and try this healthy (and super delicious!) recipe instead! Your family will love this one.

Candida Cooking 101!

Wednesday, July 15, 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!

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!

Lighthouse Health
& BODY MAKEOVER



July 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Weight Loss Class @ 6:30 PM 4th of July COOKING CLASS @ 5:30 PM	2	3 Clinic closed	4 Clinic closed
5 Clinic closed	6 Support Group @ 6:30 PM	7 Weight Loss Class @ 12:30 PM	8 Weight Loss Class @ 6:30 PM	9	10 Clinic closed	11 Clinic closed
12 Clinic closed	13 Support Group @ 6:30 PM	14 Weight Loss Class @ 6:30 PM	15 Weight Loss Class @ 6:30 PM CANDIDA COOKING 101 @ 5:30 PM	16	17 Clinic closed	18 Clinic closed
19 Clinic closed	20 Support Group @ 6:30 PM	21 Weight Loss Class @ 6:30 PM	22 Weight Loss Class @ 12:30 PM	23	24 Clinic closed	25 Clinic closed
26 Clinic closed	27 Support Group @ 6:30 PM	28 Weight Loss Class @ 6:30 PM	29 Weight Loss Class @ 6:30 PM	30	31 Clinic closed	

July 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 July – 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 July (27-30) before 7:00 pm for your final weigh in.



This month's winner will receive:

2 Free Body Wraps and 1 Free Sauna Session!