



Lighthouse Health & Body Makeover September Classes!

**SIGN UP NOW!
Seating is Limited**

COOKING CLASSES & WEIGHT LOSS EVENTS

Fall Favorites Cooking Class!

Wednesday, September 16, 5:30 PM

Get a taste of the Middle East with this flavorful chicken dish. Tired of boring chicken? Mix it up with this rich, protein-packed meal!

Candida Cooking 101!

Wednesday, September 30, 5:30 PM

Have you ever wondered how to cook a tasty quinoa meal? Our chef will teach you how! This dish is a perfect fit for any of the Candida or Maintenance programs.

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!

September 2015

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

September 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 September – 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 September (28-30) before 7:00 pm for your final weigh in.

This month's winner will receive:

6 Free LipoLaser Sessions!

