

Lighthouse Monthly Promotions

Leslie Montgomery

12-Week Candida Program

What She Won:

The Ultimate Easter Basket!

(Including: \$50 Gift Card to Harmons, 2 Hand Weights,
1 Healthy Eating Cookbook, Solutions4 Shakes, & a
Shaker Cup)

****Ask How You Can Win Too!****



April Winner

What is your favorite part about coming in to Lighthouse Health?

"The positive atmosphere and staff. Each appointment becomes my "me time". I love to come!"

What has been the most significant change in your life since coming here?

"I crave vegetables. Never in 1000 years would I have imagined that! And I enjoy what I'm eating!"

What was your life like before you started a program?

"I had poor self-esteem, trouble sleeping, and was a stress eater. I also had sugar and carb cravings."

How do you feel now? How much weight have you lost?

"I've lost 27 lbs and I feel great! My knees don't hurt as bad and I'm gaining control of my emotional eating!"

What would you say to someone who is thinking about doing a program?

"Do it! Commit yourself to being healthier, even if you've failed in the past."