

# Win an SMT MindFit!



Fight the stress of a new school year  
with your own SMT MindFit!

Eliminate tension and worry, gain  
energy, and even lose weight with  
the help of SMT!



Winning Ticket  
Will Be Drawn  
on August 31st!

## Earn Tickets as Follows:

- ♦ 1 Ticket for Keeping an Appointment
- ♦ 1 Ticket for Being on Time
- ♦ 1 Ticket for Each Pound Lost
- ♦ 5 Tickets for Bringing a Friend to the Cooking Class
- ♦ 10 Tickets for Each Referral That Attends Our Wellness Class