

## Lighthouse Monthly Promotions

# Karen Greenig

### *12-Week Candida Program*

#### What She Won:

Free Anti-Aging Facial, Apricot Exfoliator, Apple Stem Cell Moisturizer, and Protein Lift Mask

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



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

*"I love the Body Wraps and the Zumba classes. I feel great and I've lost 17 pounds so far!"*

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

*"Finally losing the weight that I couldn't lose by myself. I'm so grateful for the staff and their support!"*

**What have you learned at Lighthouse Health that you didn't know before?**

*"Sugar, yeast, and cheese are bad for you and can cause weight gain, especially around your waist."*

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

*"This is a great place to lose weight!"*