

**Will You Lose Weight
or Gain Weight
During the Holiday Season?**



"My friends laughed when I said I was going to a weight loss seminar this time of year, but when I slipped into my size 8 jeans, they all wanted to attend too!"

Discover the 7 secrets of losing weight during the holidays.

YES you can lose weight
while enjoying the season!

Find out how at
www.DietUtah.com

or **Call Us** at **801-265-3400**