

FOOD IS YOUR BEST MEDICINE

Transform Your Body Thru Eating!

Boulder and Denver Courses

A life changing **21 day Diet** combining absolutely practical **Nutritional Education** with tranformational training in **Self control**. Course includes all recipes, cooking class (optional) complete course book, slide presentations, group support.

Lose 8 to 15 lbs! • Look and Feel better than you have in years!

Obliterate Cravings!

Powerfully alter Pain, Energy, Immunity and More!

Gain incredible Self-Control!



CHARLEY CROPLEY, ND

Tuition \$295

Early registration before Dec. 24 - **\$250;**

Late registration after Jan.2 - **\$335.**

Cooking classes: \$40

Sat. Jan. 11 in Boulder 12 to 3 pm

Sun. Jan. 12 in Denver 12 to 3 pm

BOULDER DATES:

Thurs., Jan. 9, 6:30-9:30 pm

Tues., Jan. 14, 7-9:30 pm

Thurs., Jan. 23, 7-9:30 pm

Tues., Jan. 28, 7-9:30 pm

DENVER DATES:

Wed., Jan. 8, 6:30-9:30 pm

Mon., Jan. 13, 7-9:30 pm

Wed., Jan. 22, 7-9:30 pm

Mon., Jan. 27, 7-9:30 pm

Info: Call 303-355-4012 Nancy nancy@nancy-hill.com