

GROUP WEIGHT LOSS CLASS :

EAT FIT TO BE FIT!

WITH DINA MARINO, RD, CDN, CDE

This class offers an opportunity to learn the skills needed to create healthy life long eating habits, achieve weight management, and elimination of emotional mindless eating. Would you like to learn how to create healthy grocery shopping lists, and prepare healthy heart recipes? Support to help you through difficult times?

If so please call (914) 935-0123 and register for our class.

WHEN? Class will be held on weeks from 6:30-7:30 am : CHECK ONE
OR BOTH

___ Session 1 October 20, 27, November 3, 10,17

___ Session 2 November 24,30, December 1,8,15

WHERE? 558 Westchester Ave, Rye Brook, New York, 10573

To Register call (914) 935-0123

COST? \$125.00 for 5 sessions, no refunds or make up classes

Receive Linda Arpino's signed book: Eat Fit, Be Fit: Health and Weight Management Solutions with this registration: \$15.00.

Visit www.lifefocusnutrition.com to learn more about us and our center!

SEND THIS REGISTRATION TO: LINDA ARPINO & ASSOCIATES, INC

558 WESTCHESTER AVE. RYE BROOK, NY 10573

___ **Session 1** ___ **Session 2**

I have enclosed ___ \$125.00/session plus ___ \$15(book)= ___ \$140.00

CHECK PAYABLE TO: LINDA ARPINO & ASSOCIATES, INC.

Or Call to reserve a spot with your credit card

And fax this form to our secure line(866)293-4500.

NAME: _____ **Home TEL #** _____

ADDRESS: _____ **Cell TEL#** _____

TOWN: _____ **ZIP:** _____