

## The Professional Weight & Health Management Program

Special Introductory Offer

Exclusively for Cheers!

Cheers Members Save \$\$\$ on the Program

New Member Packages Available

**Are you ready to lose weight?**

**Without constant hunger?**

**Eating 3 meals of real food each day?**

**Maintain a healthy weight for life?**

The Ultra Lite weight management program may be just what you're looking for!

JoAnna Priest, a Certified Nutritionist and Cheers! Nia Teacher can help you establish a healthy eating plan so you can lose weight and enhance your health, right here at Cheers!

Call JoAnna today for a **free** 15 minute consultation to get started on the program that can lead to a lifetime of healthy weight and fitness.

This plan is not a pill-in-a-bottle solution, or meal replacement using shakes and bars. It's a 5 week program that will help you learn to eat correct portions of lean protein, complex carbohydrates and healthy fats.

Those on this program do not feel hungry and do not experience cravings. It's easy-to-follow, even when eating meals out.

**JoAnna Priest, C.N.C.**

310-378-8286

jopriest@verizon.net