



Make the Leap to a Healthy Life

Join our 8 week Free Professional Weight Management Program

Licensed Professionals address the underlying reasons for weight gain and share practical tools to successfully achieve your weight goals. Experienced Indian nutritionist discusses in-depth ways to modify calorie intake. There will be a monthly follow up for six months.

Session begins on April 30th, 2005

Where: AASRA Center, Woburn

When: 8 consecutive Saturdays 10.30 – 11.30 AM

CLEAR VALUE: At the end of this session you will

- **Understand your existing eating patterns**
- **Know the reasons for your current intake**
- **Learn practical ways to change your eating patterns to achieve your weight goals**
- **Increase your confidence and energy and make your body your friend**

Seats are limited; Hands-on, tailored program

Register early. Please contact.

Kamal Misra at (781) 935-4214 or

Archana Singhal at archanas@asranewengland.com (781) 454-5557

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Comprehensive assistance to South Asian women to rebuild their confidence and resources after life-altering family crises