



Presents:

Growing Up on the Inside

Taking Care of Your Health

From the Mental Toughness Relationship Series

Workshop Series:

Wednesday evenings

January 11 – March 28

6:30 — 8 p.m.

Holmstad Retirement Community

Multi-Purpose Room

Rt. 31 & Fabyan Parkway

Batavia, IL 60510

Join us at the beginning of each session for 30 minutes of gentle yoga stretching which will quiet the mind, relax the body and help you be receptive to learning to care for yourself.

Be sure to bring your own yoga mat.

150 Houston Street, Ste. 300

Batavia, IL 60510

630-406-0075

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www.changingpatterns.net

Based on the Book *Die Fat or Get Tough - 101 Differences in Thinking Between Fat People and Fit People*, this interactive 12-week workshop will inspire you to get serious about caring for your health. If you are ready to take responsibility for your life or are sick and tired of how you feel when you look in the mirror, you are ready for this workshop.

Benefits of attending

- Develop & adopt the thought processes, beliefs, and habits of FIT people
- Increase energy to do the things you really want to do
- Improve your self confidence
- Go shopping in your closet (wear clothes you no longer fit into)
- Solve life threatening problems associated with being overweight

SEATING IS LIMITED to 20 PEOPLE

First 5 people to register receive a free copy of the book *Die Fat or Get Tough* that will be used throughout the workshop.

Bottom line, only YOU can decide to take care of yourself

If you take this workshop, you will never see eating and exercise the same way again, and you'll understand the thinking that made you fat. All you have to do is make a commitment and have the mental toughness to stick to it.

Special Introductory Offer—save \$75 Pay for all 12 sessions by December 31st -\$285

Register with Bonnie Artman at 630-406-0075

or Bonnie@changingpatterns.net

Pay as you go price is \$30 per session

Caution, this workshop is not for those who focus on reasons for being overweight other than living in objective reality about the choices you make in how you eat and care for yourself! This program in combination with a physician approved meal plan & exercise program will change your thinking patterns about your health.