

# **MAKE IT A LIFESTYLE!**™

## **Colorado Bariatric After Care Seminar** **Sponsored by LivLite**



Penrose St. Francis Hospital  
2222 N Nevada Ave.  
Colorado Springs, CO 80907

July 18, 2008 7:00 - 9:00 pm  
Support group leader only training \$20

July 19, 2008 8:00am - 4:00 pm

(with an hour break for lunch\*) Bring a sweater as meeting rooms may be chilly.

*Dr. Monica Ganz & the Make it a Lifestyle staff presenting:  
Men's Only Group Issues*

*Nutrition Game Show , Digestion*

*Recipe Adaptation and Blenderology*

*What is your Weight Loss Personality—Coping*

*Head Hunger versus Real Hunger , Weight Spell-Up*

*Plus Specialists in the fields of surgery, psychology, diet and food prep*

### **Register Today!**

For Information and Registration:

[www.MakeItALifestyle.com](http://www.MakeItALifestyle.com) or 866-99-Lifestyle, ext 802

Single \$40 and \$60 w/spouse for July 19th  
Remember that early bird savings of 50% apply  
until two weeks before the event.

\*Lunch is not included in the ticket price



**A NEW YOU**  
**MAKE IT A LIFESTYLE™**

Flier revised April 25, 2008