

MAKE IT A LIFESTYLE!™

Baja Mexico Bariatric Seminar at Sea
Sponsored by Liv-Lite



Aboard the cruise ship Carnival Paradise

Leaving Los Angeles (Long Beach)

Friday November 14, 2008
Sailing to Ensenada, Mexico
and returning to Long Beach
Monday November 17, 2008

Dr. Monica Ganz presenting:

How to Plan to Succeed for Fail. It's Your Choice

Help! My Emotional Eating is Back

Learning to Think Thin

The 6 "R's" of Successful Weight Loss

Nutritional Guidelines for a Healthier You

Register Today!

For Information and Registration:

www.MakeItALifestyle.com or 520-850-9723



A NEW YOU
MAKE IT A LIFESTYLE™

Flier revised August 28, 2008