



- Do you struggle with your weight?
- Are you missing that energy you used to have?
- Has your body taken on a shape that is not the *real* you?
- Are you stuck on a plateau?
- Have you given up trying anymore?

If you answered yes to any of these questions, you need to attend

Beyond Dieting

Effective weight control for a lifetime!

Saturday, May 21st
12:30 to 4:30 pm
Christ Unity Church
\$15 per person

In our society, we have seen a proliferation of information about what to do to lose weight. There are more books, more infomercials, more programs, more weight-loss clinics, and more surgical procedures dedicated to this than ever before. And yet we have continued to witness an increase in obesity and overweight. Clearly, more information and knowledge is not the answer.

Consider that you may have a blind spot. It seems like you know what to do, but nothing seems to stick. The real answer is to learn from somebody who has been in your shoes, conquered weight and successfully changed their lifestyle in a healthy way. Now, you have this opportunity!

Coach Ruben (Ruben J Guzman, MPH) will show you the way. In January 1995 he began his transformation and lost over 50 pounds and has been healthy and fit ever since. He has also trained hundreds to do the same for themselves. Author of the soon-to-be-released book "Evolving Health, Maximize your energy using the wisdom of science and divine design."

In **Beyond Dieting**, you will learn

- How your body works as an energy system
- How the priorities for effective fat reduction make sense with the divine design
- How to use a three-prong approach for effective fat reduction and control
- How to set up a plan that works for YOUR lifestyle

You will be empowered to create a new lifestyle with more energy, vitality and a leaner body.

Testimonials from participants in Coach Ruben's program

- The best diet/exercise/health program I've come across! - Bob Vopacke
- Absolutely excellent program! - Charlotte Parks, former CUC Board President
- High quality and very enjoyable program - Kathy Fong, Wellness Coach, Sutter Health
- Very organized and information-packed! - Brianna Mitchell, Holistic hypnotherapist

Secure your spot! Call 916.368.3950

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