



## COME JOIN OUR MONDAY NIGHT INFORMATIONAL & SUPPORT GROUP

If you could enjoy optimal health would you choose to do so?

Tens of thousands of Americans have achieved optimal health by living the Habits of Health taught by Take Shape for Life. The first habit of disease that we address is that of being overweight, since so many diseases are linked to that condition.

**At this meeting we'll teach you six simple habits that have been proven by scientific study to maintain our bodies at a healthy weight.**

The Habits of Health taught by Take Shape for Life can change your life. Anybody who follows the program's protocols will lose weight quickly. We can then go beyond weight loss to achieve *optimal health* and *longevity*.

**Bring along a friend.** It's always fun (and often more effective) to do the program with someone you know.

We are looking forward to seeing you!

***Date:*** Next Monday, September 19, 2011  
***Time:*** 7:30 – 8:30 p.m.  
***Place:*** The Huffman house  
27 Indiana Terrace  
Newton Upper Falls, MA 02464

Please call either Susan or Jan Huffman at **(617) 527-8849** by Sunday, September 19<sup>th</sup> if you can join us, write to [info@susanhuffman.com](mailto:info@susanhuffman.com), or reply to this email.

If you find that you can come at the last minute, come anyway.

FREE support (like this meeting) is a large part of this program and is one reason why it so much more successful than many others.

[www.susanhuffman.com](http://www.susanhuffman.com)