



Ideal Protein Workshop

HEALTHIER WEIGHT / HEALTHIER LIFESTYLE

We will be hosting a FREE Ideal Protein Workshop on **February 22, 2013** from 7:00 - 8:30 pm.

Come and learn about Ideal Protein Weight Loss Program and find out why it's so effective! You will learn exactly how the Program works, what it can do for you and how you can achieve a healthier weight and lifestyle.

At the workshop we will offer a complimentary Body Composition Analysis (BCA), Ideal Protein food samples and discount for our starter pack if you decide to join.

A healthier weight and lifestyle promotes increased vitality, increased desire to move and decreased joint and muscle pain. A well person makes well choices. Make this choice to be there and learn.

Space is limited, contact us at 604.464.3424 or drnero@telus.net to reserve your seat!

Are YOU ready for a change? Join us and bring a Friend!

Health is hard work, not a birthright. Let's work on it together.

Lansdowne Chiropractic

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ONE-ON-ONE SERVICE *Professional Support*

- Weight & Measurement Progress Analysis
- Exclusively Available from Accredited Ideal Protein Healthcare Professionals
- Learn valuable nutritional information to ensure you keep the pounds off and enjoy the renewed skin, body shape, health and energy level you deserve
- Dedicated Coaches provide Weekly Support Sessions and Nutrition Education

