

LOSE WEIGHT NOW!

Take the LAFC Weight Loss Challenge

A Special 12 Week Weight Loss Program

Sign up for three months or longer and get a FREE 30 minute weight loss consultation. You'll also receive exercise information to get you started on a workout program. Then weigh-in with us each week and let us track your progress. There will be monthly nutrition and motivation lectures to help you keep losing weight. Weigh-in at least ten times within three months and receive a special prize package!



***This is the year to
reach your goals!***

Due to the time required for proper oversight of this program, space is limited so sign up today!

Call 662-5232 or stop by today to sign up