

14 DAYS TO A LEANER, HEALTHIER YOU

Change Your Body and Transform Your Life

Presented by

PAULA OWENS

Author
Nutritionist
Fitness Expert
Weight Loss Coach



Please join Paula for this information packed, life changing seminar guaranteed to change your body and transform YOU.

This healthy program teaches you a lifestyle to attain health, vitality, longevity and fat loss. Topics: Breathing, Water, Diet/Nutrition, Grocery List, Exercise, Detoxing Your Mind

EXPERIENCE A LEANER, HEALTHIER YOU IN JUST 14 DAYS Shed unwanted weight; reduce migraines and headaches; get rid of bloating; decrease pain, muscle aches and inflammation; sleep better; increase your energy; healthier looking skin; eliminate cravings; say good-bye to digestive distress.....and more!

Testimony

When my wife signed us up for Paula's 14 day Detox Challenge I was skeptical to see any results in just 14 days!! I confess – this is one of the best decisions I've ever made. Not only have I dropped 18 pounds in such a short amount of time, more importantly I gained lifelong education in nutrition, exercise, water consumption and spiritual peace. I sincerely hope you also make the right decision and just like me, you can enjoy a new take on life.” ~ Marco

Revitalize Your Mind and Body with this Effective Life-Enhancing Program

Experience a Leaner, Healthier YOU in just 14 days!

WHEN: Saturday, May 15, 2010
9:30 AM – 12:30 PM

REGISTRATION: 9:15 AM – 9:30 AM

WHERE: Encinitas Community Center
Meeting Room 120
1140 Oakcrest Park Drive
Encinitas, CA 92024

TUITION: \$59
Sign up before May 10th and bring a friend for FREE

RSVP required

For more info ~ 480.706.1158

Email: Paula@PaulaOwens.com

Sign Up here: www.PaulaOwens.com/14days.html