

# 14 DAYS TO A LEANER, HEALTHIER YOU

Change Your Body and Transform Your Life

Presented by

**PAULA OWENS**

*Nutritionist, Holistic Health Practitioner, Fitness Expert, Author*



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

**Ready to take the 14 Day Challenge?**

## IN JUST 14 DAYS

Shed unwanted weight; flatten your abs; increase your energy; reduce migraines; get rid of bloating; decrease inflammation & pain; sleep better; 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 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**

**Look Better & Feel Your Best EVER!**

**WHEN:** Saturday, January 22, 2011  
9:00 AM – 12:00 PM

**REGISTRATION:** 8:30 AM – 8:50 AM

**WHERE:** Ahwatukee Community  
Swim & Tennis Center  
4700 E. Warner Road  
Phoenix, AZ 85044

**TUITION:** only \$99

***Sign up before Jan 5<sup>th</sup> & bring a friend FREE!***

**14 Day Health CHALLENGE**

**More Info:** <http://www.PaulaOwens.com>