



# Inspiring Weight Loss

This exciting and effective 3 month program taught by Tracey Mortensen is based on Maria Emmerich's nutrition philosophy of no gluten, no sugar AND the yogic philosophy of balancing out the systems in the body that regulate metabolism.

## **Informational Meeting**

March 3rd, 5:30-6:30

## **Tuesday Evening Series, 5:30-7:00pm**

March 17th - June 2nd

**Cost:** \$55 Enrollment Fee, due at sign-up. 3 month contract \$89/mo, \$79 for return students, due first day of class.



To register, visit [www.InspiringActions.com](http://www.InspiringActions.com)  
or call 715.381.3148  
1810 Webster St., Suite 5, Hudson WI 54016

