



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
or call 715.381.3148
1370 Hosford Street, Hudson, Wisconsin 54016