



CRACKING THE CODE TO WEIGHT LOSS

***Lose Weight Effortlessly!
Boost Your Metabolism!***

If you've been trying to take control of food cravings and lose those extra pounds –know that ***you can*** –because you have help. *Learn and practice* simple and effective techniques that will help you realize it is ***YOU*** who is in *control of your life!* Start to improve your mental and emotional ***health*** today!

- Lose weight easily and permanently
- Stop food cravings
- End yo-yo dieting
- Get motivated to exercise
- Enjoy eating healthy, nutritious food
- Stop obsessing about food once and for all!

Hypnosis is a safe medical tool that can help you effortlessly reach your weight loss goals. In this workshop you will learn: Why hypnosis works. How relaxation increases metabolism. Which natural supplements and foods encourage weight loss. Why “diets” create failure. Which common, harmful eating patterns cause rapid weight gain. How you can reverse aging and metabolic damage with simple lifestyle changes.

Gift yourself with the health and happiness you deserve!

Come join us Saturday, November 8, 2008; 12:00-3:00 pm

at The Center for Happiness

2645 SE 4th St. Box 10

Minneapolis, MN 55414

Phone: 952.715.8982

www.centerforhappiness.com

\$35 pre-registered; \$39 at the door



YOUR FACILITATOR: Kristin Volk Funk, M.A., CCH
Kristin is a Certified Clinical Hypnotherapist with over twenty years experience leading workshops and helping individuals reach their personal wellness goals. She has a Masters Degree in counseling psychology and is in private practice in St. Paul, MN. She has produced a series of self-hypnosis recordings that are being sold nationwide.

**FOR YOUR COMFORT, PLEASE FEEL FREE TO BRING A
PILLOW, BLANKET AND SOMETHING TO LIE ON.**

To read about Kristin's work, please visit her website

WWW.NEWHEALTHVISIONS.COM