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**— TO YOUR —  
BEST BODY**

**Imagine  
how you'll  
look and  
feel when  
YOUR  
BODY  
is at its  
BEST!**

**start-up assessments:**

*drop by lobby Thurs, Aug. 14th, 6-9pm*

**52-day Countdown dates:** *8/19-10/9*

**register by:** *7/31/2014*

**to register:** *Payment to Kate Johnson - cash or check only. Registration form is at Kate's desk.*

**cost of \$52 includes:**

- 1) guidebook: "Countdown to Your Best Body Success Journal" and Meal Measure (success tool)*
- 2) Best Body Club virtual group and expert support program*