

Ideal Weight for Life™

A Revolutionary Weight Management Workshop

Five Sessions: Saturdays,
May 22, June 5, 12, 19, 26

Free Introductory Session:
Saturday, May 15, 2010

Based on programs seen on
Dateline and in *Shape* magazine

Price: \$225 for the five workshop sessions
and CD's. Payment plan available.

Location: San Mateo

Time: 11:00 a.m. to 1:00 p.m. *starts promptly*
(10:45 a.m. to register at the door)

Refer a friend and you both receive a 10% discount.

Reserve now—space is limited! Contact Fay Kelly at:
www.faykelly.com or 650 773-6440

*“A great program—unlike anything else. You can just
relax, not worry or think about food or weight, and let
the CD's do their magic!” –Joan*

SIGN-UP NOW!



Are you satisfied with your current weight or weight management program?

- Having long-term success?
- Tried many other diets?
- Heavier than before you started?
- Problems sticking to diet plans?

Stop dieting—lose weight permanently!

- Achieve lasting change while learning to deeply relax.
- Learn the latest mind-body techniques.

Learn how to use self-hypnosis, guided imagery, and visualization to:

- Effortlessly control portion sizes, binge eating and emotional eating.
- Enjoy physical activity.
- Change your attitude about food.

Program includes:

- Five 2-hour group sessions
- CD's to reinforcement both your conscious and subconscious minds
- Reference materials and workbook
- A one-half hour phone consultation with Fay (\$75 value)

About Fay Kelly, CHT, MdH, HBCE

Frustrated by trying literally every diet and weight loss program without lasting success, Fay's research led her to discover lasting results through using hypnosis and the mind/body connection. She has years of experience helping people attain healthy outcomes through hypnosis. In this workshop she'll teach you the methods that finally worked for her.