

LOSE WEIGHT, CELEBRATE LIFE!

Have you tried the following?
Surgery? Over the counter slimming products?
Gym memberships?
And you're left with little or no results?
Ever wondered why?
It's not about you! It's about what you do.
Because anyone can lose weight significantly.

It's simple! Come join our experts in our workshops and we will share with you the scientific approach of losing weight and keeping it off. Celebrate life by losing weight the natural way. Take control of your own shape and health.

Scientific evidence shows that being overweight or obese can lead to chronic diseases such as diabetes, heart disease, hypertension and joint problems. Every kg that you lose towards your ideal weight helps reduce the risk of chronic illnesses. So, act now and join our healthy lifestyle programme today!

Date : 2nd December 2006 (1st session),
9th December 2006 (2nd session)
Venue : Singapore Recreation Club (SRC), Padang.
Opposite City Hall MRT station.
Time : 2-7pm (healthy Hi Tea will be provided)

For registration and further details, call **64825411 NOW**. Only limited participants are admitted to keep workshop tailored to individual needs. Allocation on first come first served basis. The first 50 registrants will receive the following:

- ***A free gym session with our fitness expert***
- ***Free weight loss supplements for a month***
- ***Free calorie monitoring devices***
- ***A special discounted 1-hour consultation with our dietician.***
- ***Special discounts for health products***

This programme is proudly organized by Sindor Healthcare Pte Ltd and supported by the Trimcap® Lifestyle Programme.