



**Transitions™ Weight Management**  
**(A Life Style, NOT A Diet)**  
**12 Week Program**  
**ONLY \$200.00\***

[Click here if you wish to be contacted:](#)

**CLASSES NOW FORMING!**

Experience the ultimate weight loss system brought to us by Dr. Shari Lieberman, a nationally know nutrition scientist and authority. You will become educated on why diets do not work and how they affect us long term. This program provides a realistic plan to lose weight, keep the weight off, and have a support group in the process. Each class is 1 hour in length and the program design includes the following:

**OUR PROGRAM OFFERS:**

- **Daily Journal** (Complete 30 Day Guide, Daily Affirmations, Stress and Relaxation Exercises and Menu Suggestions)
- **Weekly Support Group** (12 WEEKS) offering: Educational DVDs by Dr. Shari Lieberman, Nutritional Supplements\*, and Transitions™ Meals, Shakes, and Bars.

**\*Nutritional supplements may be recommended but are NOT required nor included. Receive 20.00 off your first order of supplements if you refer a friend and they join the program.**

**EXCLUSION CRITERIA:** If you are under the care of a physician for a medical condition or taking prescription drugs, you may participate ONLY WITH WRITTEN PERMISSION FROM YOUR PHYSICIAN.