

One Body: One Choice®



The Right Path to Better Health!

Losing just 10% of your extra weight can result in

- Less Joint Pain
- Lower Blood Pressure
- Lower Cholesterol
- Reduced Risk for Diabetes

Learn how to eat right, exercise
and get healthy the RIGHT WAY!

Individual Programs Also Available

Thursdays 6:30 pm

17300 El Camino Real, Suite 107D

(I do a noon session on Wed or Thurs when there is interest- 4 or more)

Group Session Save you \$\$\$\$

Cost is \$225 and Session lasts 8 weeks

\$50 Deposit required to hold your spot!

Bring a friend and get \$25 off

Send in your Deposit before Jan 1 and Get \$25 off!

email onebodyonechoice@yahoo.com to sign up

or visit www.onebodyonechoice.com for info

Denise B. Cazes, M.A., LWMC

Nutritionist, Health Educator, Faculty UHCL & C.O.M.