

# Staying on Track

Life after  
"I lost it at the club"  
How to keep it lost!

**FREE  
SEMINAR**

**INTENTIONS**  **ACTIONS**

I'll talk about how you might make it as easy as possible to:

- attain your weight/fitness goals, and/or
- maintain the goals you have achieved

**\*Thursday evening April 13<sup>th</sup> 2006  
7:15-8:15 p.m. +  
(in the aerobics room)**

with

Mandy Kotzman, Ph.D.,  
Certified Life Coach

See [www.creativepursuits.net](http://www.creativepursuits.net) for more information

