



Choose to Lose Extreme Makeover



Saturday

February 6th 9-12 noon

Pepper Geddings Recreation Center

Everyone Invited

Pre-registration Required

**Complete form and register at Pepper Geddings
or Maximized Living/Carolina Forest**

- **Weight Loss**
- **Stress & Time Management**
- **Nutrition & Successful Planning**
- **Burst Training**
- **Detoxification & Hormonal Balancing**
- **Goal Setting & Self Affirmations**
- **Life Mastery**



Pre-Registration Form

Lunch Provided

Name _____

Address _____

Email _____

Drop off completed form at Pepper Geddings or fax to 843.903.0687