



Free Seminars on Stress, Hormones and Health

(the true causes of Belly Fat...) and men, this means you too!

**Speaker: Lifestyle Mentor and Wellness
Coach, Dr. Farah Sultan**

Dr. Sultan will tell you about the latest scientific breakthroughs and methods that help you permanently and safely remove unwanted belly fat while quickly reclaiming your health, your youth, and your life!



MARCH TALK DATES

Tuesday, March 7th - Thursday, March 9th -

Tuesday, March 14th - Tuesday, March 21st

- ✓ Learn how Hormone Imbalances —man or woman— can distort your midsection into a large belly and prevent weight loss even with dieting and exercise.
- ✓ Learn how Hormone Imbalances can affect your sleep cycles, carbohydrate cravings, and fat burning.
- ✓ Learn why “Counting Calories” doesn’t work for belly fat.
- ✓ Learn the Biggest Mistake that people make with Exercise that prevents weight loss.
- ✓ LEARN WHAT REALLY WORKS for permanent loss of belly fat and bulges. Safely. Healthfully!

Tired of what you see when you look in the mirror? All that dieting hype? Imagine your life without belly fat!



Limited Seating Available

205.413.8599 or rsvp@vitalogywellness.com

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