

Holiday Indulgence - Guilt Free

With Thanksgiving just around the corner many of you are already wondering how you'll survive the flurry of festivities and holiday treats without gaining weight. The average American gains 4-5 pounds over the holidays and then works like crazy in the New Year to lose them. Join me and find out how you can transform this holiday season from an "out of control feeding frenzy" to a "healthy holiday celebration" and start the New Year right! In this 90 minute seminar you will:

- Learn how to take control of your cravings, minimize your indulgences
- Discover realistic tips for enjoying the holidays healthily, happily and guilt-free
- Taste some yummy, holiday treats that won't "widen your waistline"
- Get strategies for dealing with "friendly enemies" who want to sabotage you
- Take home some healthy, holiday recipes
- Receive my "Top 20 List for Surviving the Holidays"

Can't make it? Let me know and I'll send you one of my healthy holiday handouts!

Date: Thursday, November 18 (December seminar date TBD)

Time: 7-8:30pm

Location: Southern Towers Complex – Dr. Sklar's Office Suite 120

Cost: \$15.00 Bring a guest for free! (Both must be registered)

Email me to register; ats@drsklar.com or, call/text me at 202-679-6373.