

That was your last diet.



Register online
www.AmIHungry.com
by July 7, 2006

For more information
480.704.7811
Info@AmIHungry.com

Stop Dieting, Start Living!

No rules, no deprivation, no sneak eating.
Just practical strategies that
you can live with - forever!

Am I Hungry? Intensive & Mindful Eating Lunch with Michelle May, M.D.

Saturday, July 22
10:30 a.m. to 1:30 p.m.
The Buttes Resort Marriott in Tempe, Arizona
\$67 for Workshop & Lunch