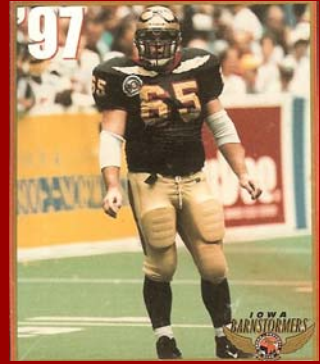




EXTRAORDINARY HEALTH CHALLENGE

FREE 1-hr. Optimal Health Workshop
Wednesday, Jan. 13, 2010 from 12pm-1pm
Location: YMCA, 101 Locust Street, Des Moines

**Learn How to Lose Weight &
Achieve Extraordinary Health!**



**Special
Guest Speaker:**

David Bush

Former Iowa Barnstormer &
Peak Performance Coach

During this motivational workshop you will learn...

- Safe and satisfying ways to lose weight
- New skills and proven principals you can use to get healthy
- How much exercise is enough and what is too much
- What is a healthy body weight for you to maintain
- The difference between being overweight and obesity
- Why 85% of dieters gain the weight back
- How many calories are required for your optimal health
- Healthy eating, exercise and energy management tips

SPECIAL BONUS!!!

All participants receive a FREE 1-week membership to the YMCA!

**Register online at
DavidBushLive.com**

For more information
call 515-309-5706

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