

A New Year, A New You.

Join us for these FREE educational
weight loss seminars.



Tuesday, January 27, 2009
from 6:30 pm – 8:00 pm

HARBOUR VIEW MEDICAL ARTS BUILDING

5838 Harbour View Boulevard, Suffolk, VA 23435

WITH SPECIAL PRESENTATIONS FROM:

Anand Kapur, MD — *Sports Medicine and Acupuncture,
Harbour View Family Practice and Sports Medicine*

Brooke Mercedes, RD — *Registered Dietitian,
In Motion Physical Therapy and Sports Performance*

John Beaton, NASM CPT — *Personal Trainer,
In Motion Physical Therapy and Sports Performance*

Thursday, January 29, 2009
from 6:30 pm – 8:00 pm

BON SECOURS HEALTH CENTER AT VIRGINIA BEACH

828 Healthy Way, Virginia Beach, VA 23462

WITH SPECIAL PRESENTATIONS FROM:

I. Phillip Snider, DO — *Family Medicine,
Bon Secours Medical Associates at Virginia Beach*

Brooke Mercedes, RD — *Registered Dietitian,
In Motion Physical Therapy and Sports Performance*

Glenda Vito-Cruz, PT, CertMDT — *Physical Therapist,
In Motion Physical Therapy and Sports Performance*

JOIN US FOR TIPS ON HEALTHY EATING, EATING OUT, EASY EXERCISE IDEAS AND EXCITING DOOR PRIZES

CALL (757) 889-5535 TO RSVP OR FOR MORE INFORMATION