



It's a NEW YEAR!

**Time to lose the weight
and *FEEL GREAT!***

Join local trainer, nutritionist
and author Karen McCoy as
she teaches you about the
powerful world of
**weight loss
supplements.**

Where: Hemp and Co.

- 2348 Beacon Ave, Sidney, BC

Date: Tuesday February 19th

Time: 6:00-8:00 pm

**Weight loss supplements are all the rage, especially
this time of year. But what kind of weight loss
supplements should *you* consider?**

**What do they really do?
Which ones are safe?
Which ones are the most effective?
How do you use them?
What role does exercise play?
What's the best diet for optimum results?**

WIN: Lifestyles Gift Card valued at \$50! The lecture is FREE but please reserve
your spot—sing up at either Hemp Co or Lifestyle Select in Sidney!

Enter to win a FREE Spot in Karen's *10-Week Best Shape of YOUR Life Challenge*
Regular value of \$178! For FREE!

About Karen

Karen is a BCRPA Trainer and Sports Nutritionist and she holds a degree in Journalism. She is a Provincial Body Building Champ and has sweated it out in gyms for over 30 years. She teaches women all over the world the fine art of lifting weights, combined with proper nutrition, supplements and mind techniques to obtain peak health and performance through her various on-line training and lifestyle programs. Her popular fitness book—*One Rep at a Time*—teaches women how to attain peak health and wellness for life!

She can be reached through her site at www.mccoyfitness.ca.

