

In.Form

Burn Fat. Be Fit.

For Life.

**TRANSFORM
YOUR LIFE!
13-WEEK CLASS**

Come join our class! Summer is almost over, get in shape for the **holidays!**

In.Form is a 13 week weight management program that takes **all of you** into account. We provide weekly support and educational sessions to break down the physical, emotional, and mental barriers that can keep you from achieving and maintaining a healthy body. Did you know.....**92% of people fail when trying to lose weight ALONE?**

What are people saying about In.Form: **"It truly has been life changing for me and for the first time in my life wanting and desiring to lose the weight and live a different way!"** *Rebecca*



Mary Theresa Journack is a Natural Health Consultant and Certified In.Form instructor who has been studying natural health for over 20 years. She is a Certified Natural Health Professional who has a passion for leading others on the road to better health, naturally! She operates Journack's, Naturally!, Inc. in Towanda, PA with her husband Dave and looks forward to assisting you with your natural health goals!

Manual Modules & Discussions:

- Intro-Getting Started
- Protein
- Eating the Rainbow
- Grocery Shopping
- Curb Cravings
- Cleansing
- Healthy Emotions
- Exercise & Movement
- Meal Planning
- Daily Essentials
- Glandular Health
- Support & Resources

CLASS SIZE IS LIMITED!

Enroll by Sept. 20, 2014

Starting:

Wed. Sept. 24, 2014
Wednesday nights for
13 weeks

Where:

Journack's, Naturally!
Route 6, Towanda, PA

Time:

Body Analysis: 6 – 6:30
Class: 6:30 – 7:15*
**approximate*

Enroll a Friend & Save \$25 off your program fee!

Program Includes:

- Weekly Body Analysis-body fat%, body water%, muscle mass, bone mass, visceral fat, weight, measurements, etc.
- Smoothie & Food Recipes-Taste Testing
- Protein Powder Starter Pack & Shaker
- Eligibility for Prizes & Demos
- Nature's Sunshine Product recommendations to support your Program (voluntary option)
- Participant Manual & More!

Transform your life for as little as \$20 / week!

FOR MORE DETAILS & REGISTRATION:
Contact Mary Theresa Journack
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