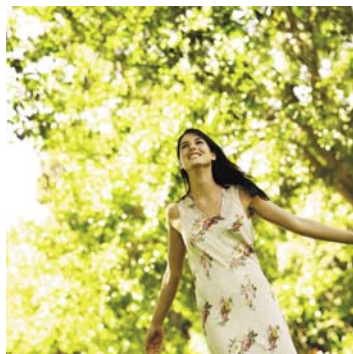


Do you ...

- ✓ Struggle with your 'body' and 'mind' each wanting something different?
- ✓ Wish you had more determination to lose anywhere from 21 to 51 pounds?
- ✓ End up gaining weight even after you put in a lot of effort to lose it?
- ✓ Sabotage your best efforts to eat healthy as soon as you know you are 'dieting'?
- ✓ Find that you eat for many reasons other than simple hunger?
- ✓ Want more tools to help you deal with 'junk food' cravings?
- ✓ Enjoy the camaradery of working with other women to help you succeed?
- ✓ Have this inner belief that there has to be an easier way?!!!!

Do you wish to...

- ✓ Try something new that helps you harmonize your wants versus needs of both 'body' & 'mind'?
- ✓ Know how to listen to your inner voice to help you find a more 3-dimensional approach?
- ✓ Meet other like-minded women who want to join in with your success?
- ✓ Learn how to apply the powerful wisdom of your deeper body and mind to *many other* areas of your life too?



Get Weight Loss Wise!

... another
Healing Images™
workshop



The LAST Thing YOU Need Is ANOTHER Weight Loss Program!

*So spend a fun-filled day with others
who are also ready to learn the secrets of those
who live a healthier, happier lifestyle in order to become*
Weight Loss Wise!

- Sign up by May 1st & get Dr. Jost's supportive CDs & interactive program **for FREE** (\$59.99 value)
- Holistic, 3-dimensional approach to any obstacle
- Receive latest mind-body techniques that work
- Learn tools to take with you wherever you go
- Pick your pricing option of desired pampering:

***Saturday afternoon, May 17 (1-5 pm)
classroom only — \$129***

***Tuesday evening, May 27 (5-9 pm)
half day with meal — \$149***

***Saturday event, June 7 (9-5 pm)
full day with meal — \$199***

Register early to take advantage of the extra CDs, and go ahead — **bring a FRIEND!**



Stop fighting with your body!

Add the tools of wise and playful Dr. Sandy Jost. Her background in psychology and yes, even nutritional biochemistry, can help you tap into the wisdom *you already possess* for life-changing weight loss & overall health.



**Register because you know this 'feels right!'
But sign up today before this event fills up!**

Enroll BY

MAY 1st

and SAVE \$\$\$!

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____

email: _____

Register by phone: 314-821-8102; **FAX:** 314-821-5463;

email: Sandy@DrSandyJost.com;

or by mailing a check to the address below.

By check, payable to: **ONE Health Academy**

Or Credit Card: Visa + MasterCard + American Express

Card Number: _____ Ex.Date: _____

Name on card:(print) _____

Signature: _____

History

Current age: _____ Weight: _____ Desired weight: _____

Current health issues: _____

Weight loss history: _____

Call 314-821-8102 or mail to:

ONE Health Academy

2001 Wakefield Farm Road

Wildwood, MO 63038



Now you can ...

- ✓ Get support that can help you make lifestyle changes that stick!
- ✓ Receive CDs that you can listen to anytime ... even on your commute into work!
- ✓ Walk away with some REAL help for those unwanted food addictions!
- ✓ Absorb up-to-date nutritional information in a way that is easy to stay with you!
- ✓ Use imagery tools that help you work on the deeper issues of weight loss! (... you may even find that MANY areas of your LIFE end up receiving a new makeover too!)
- ✓ Become healthier ... for YOU ... simply because you WANT to be around longer for those loved ones!



ONE Health Publishing
1826 Kings Cliff
St. Louis, MO 63122

"I have seen guided imagery work in my everyday practice and it is a wonderful adjunct to the many therapies a patient often needs to undertake. The sound of Sandy's voice alone is very calming for all who listen."

Jane Kraus, RN, BSN, OCN

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Healing Images™ Weight Loss Wise Workshop



Where women learn
HOW to succeed!