

Press Release

FOR IMMEDIATE RELEASE

Weigh Less, Live More!

by Gina Van Luven

January 1, 2009 – Many people struggle with dieting and maintaining an appropriate weight. Dieting typically creates a yo-yo effect where people cannot keep the weight off, sometimes creating a life-long battle of the bulge. However, if people can make some simple changes to their diet and lifestyle that create long-term change, they are more apt to reach their weight goals.

Two classes will be offered at Red Mountain United Methodist Church in Mesa, Arizona to help people with weight loss and maintenance. One class will be offered in the evening, beginning 7:30 pm Wednesday, January 14, 2009. The second class will be offered during the day, beginning 9:00 am Thursday, January 15, 2009. Both classes will run for six weeks and last an hour each class. Cost for the class is \$20 to cover materials. For class details, please visit www.HealthyHabitsWellnessCenter.com or call (480) 600-7833.

Gina Van Luven is a Health and Nutrition Counselor certified with the American Association of Drugless Practitioners. She practices in Mesa, Arizona counseling clients on how to reach their health goals using a “whole body” approach (diet, lifestyle and environment). She presents workshops and lectures to a variety of organizations on living a healthy, balanced life. Please contact her for more information at (480) 600-7833 or visit her website at www.HealthyHabitsWellnessCenter.com.

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