



TAKE CONTROL OF YOUR WEIGHT

Join weight-loss psychologist,
Dr. Farrah Hauke, weeknights for a
4-week workshop on psychological
strategies to help you lose weight and
keep it off!

Learn more at www.ArizonaPsych.com

Learn how to:

- * Move More and Eat Less**
- * Crush Cravings**
- * Overcome Food Addiction**
- * Stop Emotional Eating**
- * Think like a Thin Person**

3260 N. Hayden
Road; Suite 210
Scottsdale, AZ
85251

Space is limited
**Reserve your
spot today**

480-659-5107