



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**

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Road; Suite 210
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85251

Space is limited
Reserve your spot today

480-659-5107