

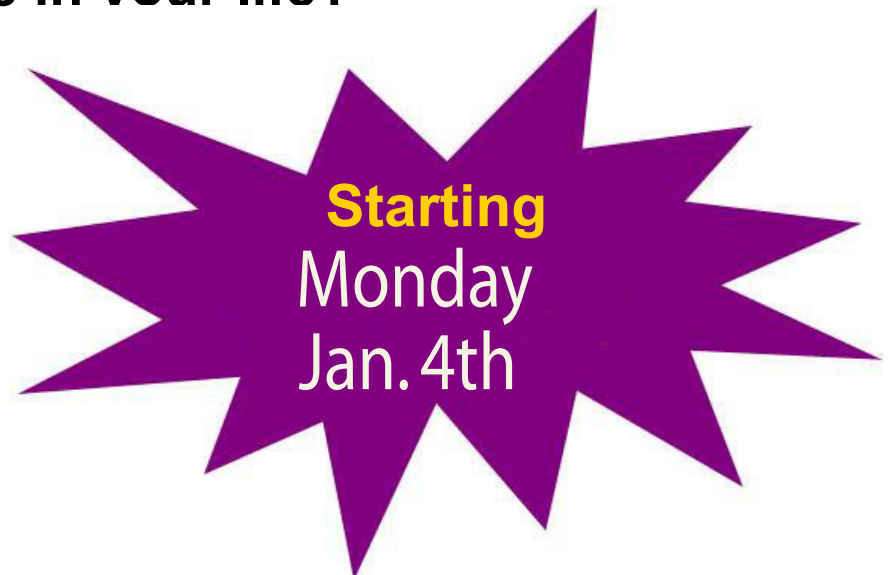


ARE YOU READY FOR AN EXTREME MAKEOVER?

Are you looking for a positive change in your life?

Could you stand to:

- Lose a few pounds?
- Shed some stress?
- Boost your energy?
- Increase your time for the people and things that are most important to you?
- And more? **ALL IN 40 DAYS!!!!**



Sign up today to participate in the Extreme Makeover Challenge!

God programmed you to look great, have outrageous health, and experience incredible peace. The Extreme Makeover Challenge will give you the tools you need to start experiencing a complete makeover-*body, mind, and spirit*-in only 40 days.

Dr. Ben Donner of Focus Chiropractic & Wellness will be providing the nutrition, exercise, stress management, and time management tools you need on a daily and weekly basis to make the steady, incremental changes that lead to a lifetime of health and happiness.

Sign up today and secure your spot in the Challenge. Receive the *Extreme Makeover God's Way: 40 Days to a Body by God* Book (\$25 Retail Value), the Body by God Recipe book with many healthy recipes (\$15 Retail Value) and weekly Extreme Makeover training held at Peace Lutheran in New London (a \$120 value) **all for only \$60.00 or \$100 per couple.**

Register by filling out a form. For more information visit:

www.focuscw.com

Date: Monday Jan.4 Time: 6:30

Location: Peace Lutheran
New London

FOCUS
CHIROPRACTIC
& WELLNESS

