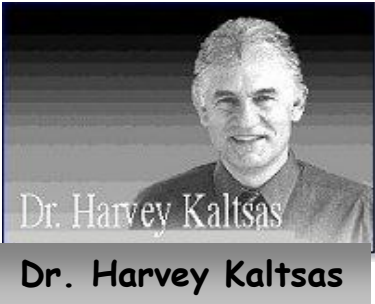


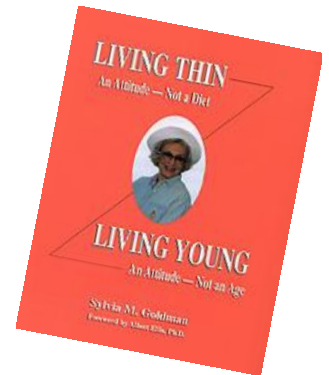
# LIVING THIN & STRESS FREE™



"Sylvia Goldman's program placed me in charge of two struggles I've had in my personal life for years:

- Losing weight and keeping it off
- Dealing with stress.

I learned how to eat and cope in just a few weeks! You can too!



Sylvia began revolutionizing the weight loss system years ago in Baltimore when she designed her program in response to her own weight problem. She has taught it successfully to thousands of professionals and lay people (endorsements are available). Sylvia is dedicated to taking it off and keeping it off! This program will provide tools and strategies for freeing yourself from the STINKING THINKING that interferes with change. This is your opportunity to have the last and 'best' program you will ever need."

Please join me for a FREE preview  
Saturday, May 15<sup>th</sup> at 11 a.m. - 12 p.m.  
at

**The Hotel Indigo ➤ 1233 Boulevard Of The Arts ➤ Sarasota**

The 6 week class begins Saturday, May 22nd at 11 a.m.

- Limited Registration -

Tuition: \$295.00

\$50 refundable deposit will reserve you a space

Attendance at preview is a requirement for registration

**Please call 366.1110 or 951-0040 or e-mail:  
sgoldman252@comcast.net**

Training Seminars available for graduates interested in teaching  
their own Living Thin Programs