

Central Virginia Medspa
1011 Care Way suite 100
Fredericksburg, VA 22401
Tel: **(540) 373-8236**



NUTRITIONAL BOOT CAMP

February 16th, 2010 @ 6:30 p.m.

Get it Back!!!!

Anyone can lose weight, very few can maintain it.

Finally a plan proven time and time again for the
TREATMENT of weight gain.

Join us and learn how to, once and for all, be successful in attaining
your weight goals.

No gimmicks, no pills!

If you are interested in losing 3-7 *lbs* a week safely and permanently
then you have nothing to lose (*except the lbs.*) come and listen.

Limited seating Please RSVP

Before



160 lbs

Lost in ~ 12
months



After