



# Fuel Your Metabolism 24/7

**Feeling sluggish after the holidays?**

**Ever wonder why most diet plans are ineffective over time?**

In this innovative class, we will *fire up* & explore proven methods to burn fat around the clock, which includes more than just diet and exercise. Over a three-week span we'll discover ways to optimize **10 key ideas** for increased energy, motivation, relaxation, metabolism spike, optimal times for food consumption, and brief but powerful workouts. Each session will end with a 20 to 30 minute guided imagery.

**Where:** Spirit's Child Metaphysical Center

**When:** 3-weeks--Thursdays--February 9, 16, and 23

**Time:** 5:30-7:00 p.m.

**Cost:** \$20 per wk or \$55 if paid in full *Cash, Checks & Credit cards accepted. After first class no refunds will be given.*

*RSVP @ 520-881-4237 or walk-in at first session*

[www.counselingconceptsllc.com](http://www.counselingconceptsllc.com)

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