

# Not Just Another Weight Loss Program

Come to our *free* introductory seminar to learn why you never have to diet again!

**BOOST AND REPAIR YOUR METABOLISM  
STOP FOOD CRAVINGS  
LONG TERM WEIGHT & FAT LOSS**

Transitions™ 12 week program is the last weight loss program you'll ever need.

Join us on Monday August 30, 2010  
at 30 Peck Road, Bldg 1, Ste 1101  
at 6:30 pm

To reserve your spot or ask questions,  
call 860-489-0867  
[info@torringtonpt.com](mailto:info@torringtonpt.com)

(12 week program will follow with days and times to be  
announced at intro)



**NEVER DIET AGAIN!**

Sponsored by: Maletta Pfeiffer & Associates Torrington Physical Therapy and Torrington Wellness