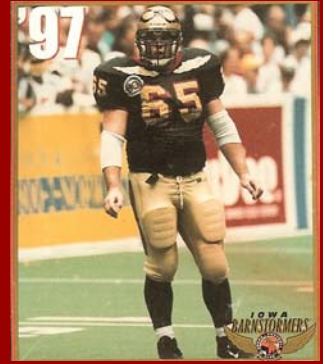




EXTRAORDINARY HEALTH CHALLENGE

FREE 1-hr. Optimal Health Workshop
Wednesday, Nov. 18, 2009 from 12pm-1pm
Location: YMCA, 101 Locust Street, Des Moines

**TOPIC: How to Lose Weight &
Achieve Extraordinary Health!**



**Special
Guest Speaker:**

David Bush

Former Iowa Barnstormer &
Peak Performance Coach

During this motivational workshop you will learn...

- The steps David took to lose almost 100 pounds in just 6 months without surgery, starvation tactics or excessive exercise
- How he overcame the weight loss barriers and how he achieved his goal weight faster than he ever thought possible
- Why 85% of dieters fail and how to lose weight safely and quickly with the a simple "Goof-Proof" eating and exercise plan



SPECIAL BONUS!!!

All participants receive a **FREE 1-week membership to the YMCA!**

**Register online at
www.DavidBushLive.com**

**For more information
call 641-628-3700**

HOSTED BY:

