



# You've thought about making a change...

*“But what if I don't have what it takes? What if it's too hard? I've tried this sort of thing before. What will people think if I fail again? What if it costs too much? If I go in, will they pressure me to buy something?”*



Weight loss. You are not alone. Change isn't easy...but it's worth it. That is why we would like to invite you to drop in to an informal gathering at Herbal Magic in the Sobey's Plaza on Thursday, October 26th, at 7 pm. You will meet others who have been through it and are here to answer all of your questions. Bring a friend. Refreshments will be served.

**Herbal Magic**<sup>®</sup>  
WEIGHT LOSS & NUTRITION CENTRES

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