

COURAGE To change



**YOU'RE LOSING THE WEIGHT.
YOU'RE OVERCOMING THE STRUGGLE
AND GAINING A RENEWED SENSE OF SELF WITH
THE HELP OF OTHERS. HOW GOOD WOULD IT
FEEL TO NOW HELP SOMEONE ELSE?**



**It's not just what you lose, it's what you gain.
Help support the Courage to Change Campaign.**

**Florence is Acton's newest weight loss success story.
She is encouraging everyone to make that change this month.
Helping yourself and Halton Women's Shelter in November.**



"When my doctor first told me I was a type 2 diabetic he told me he wanted to put me on medication right away. My sugar level was at 12 that was twice the normal count. I told him I would like to try diet and exercise first and try to level it out myself. I tried dieting on my own but was not getting anywhere. I was always tired and sluggish. I didn't really feel like doing much of anything. My husband suggested I check out Herbal Magic to see if they could help me. I started on June 20 and they put me on a program that was geared for me to lose weight and help bring my sugar levels into the normal range. After only one week I had lost 7 pounds, my blood sugar level was normal and my energy level was way up. I no longer felt sluggish and tired, I look forward to each and every day. Herbal Magic has given me back my life."

- Florence

Herbal Magic
WEIGHT LOSS & NUTRITION CENTRES

**372 Queen St., Acton
(Sobey's Plaza)**

519-853-8123

www.herbalmagic.ca