

★ ★ ★ NOW OPEN ★ ★ ★

Lose 2-6 lbs/week OR YOUR MONEY BACK*

Truestar for Women Fitness and Nutrition Centers now offer a total health program for fast and lasting results.

Included in your program is:

- 30-minute fitness for women
beginner • intermediate • advanced
- Personalized nutrition counselling
- Weight loss and weight management with guaranteed results*
- Free personal coach
- 24/7 online support

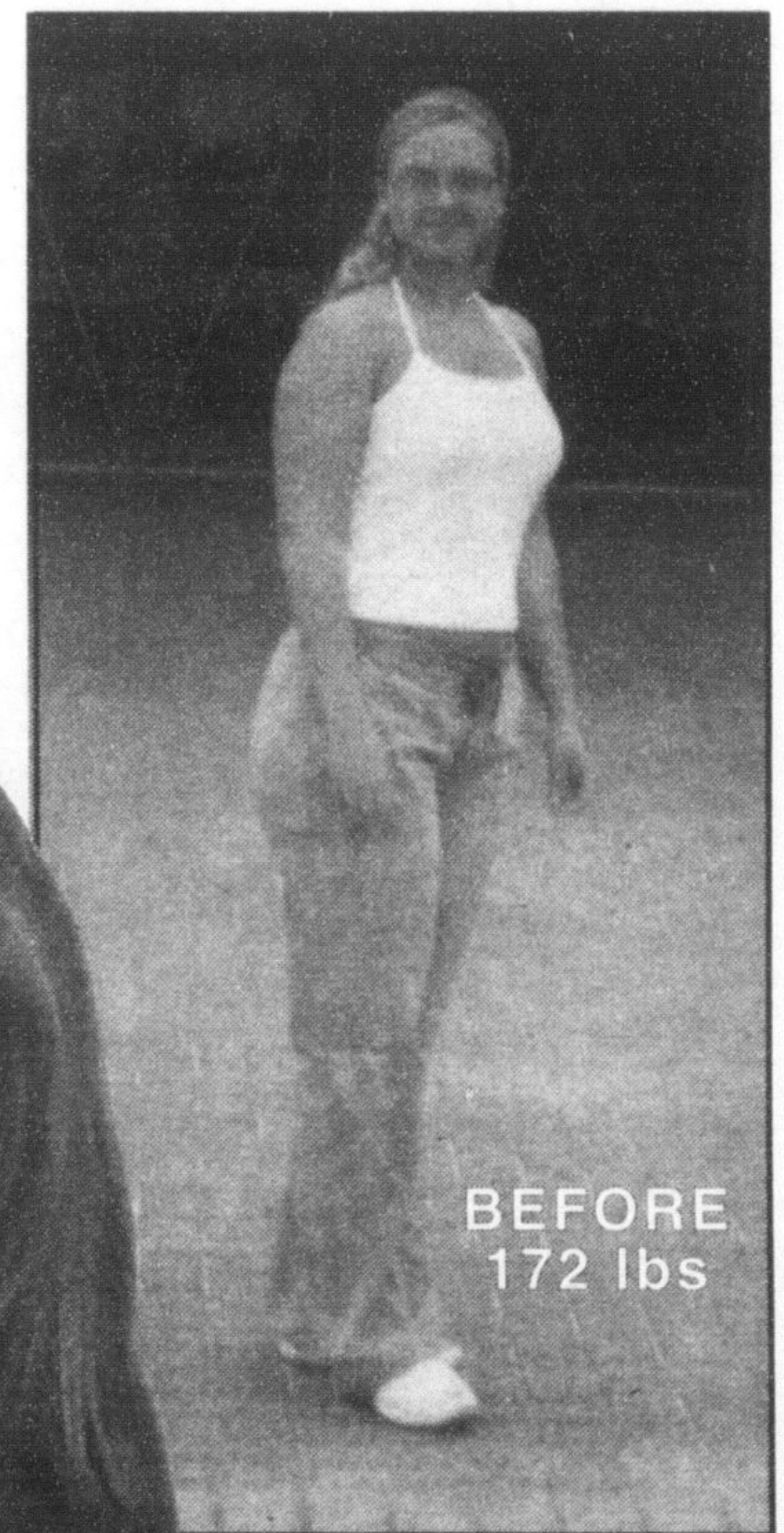
*based on following the Truestar program

**Call
for
FREE
Consultation**

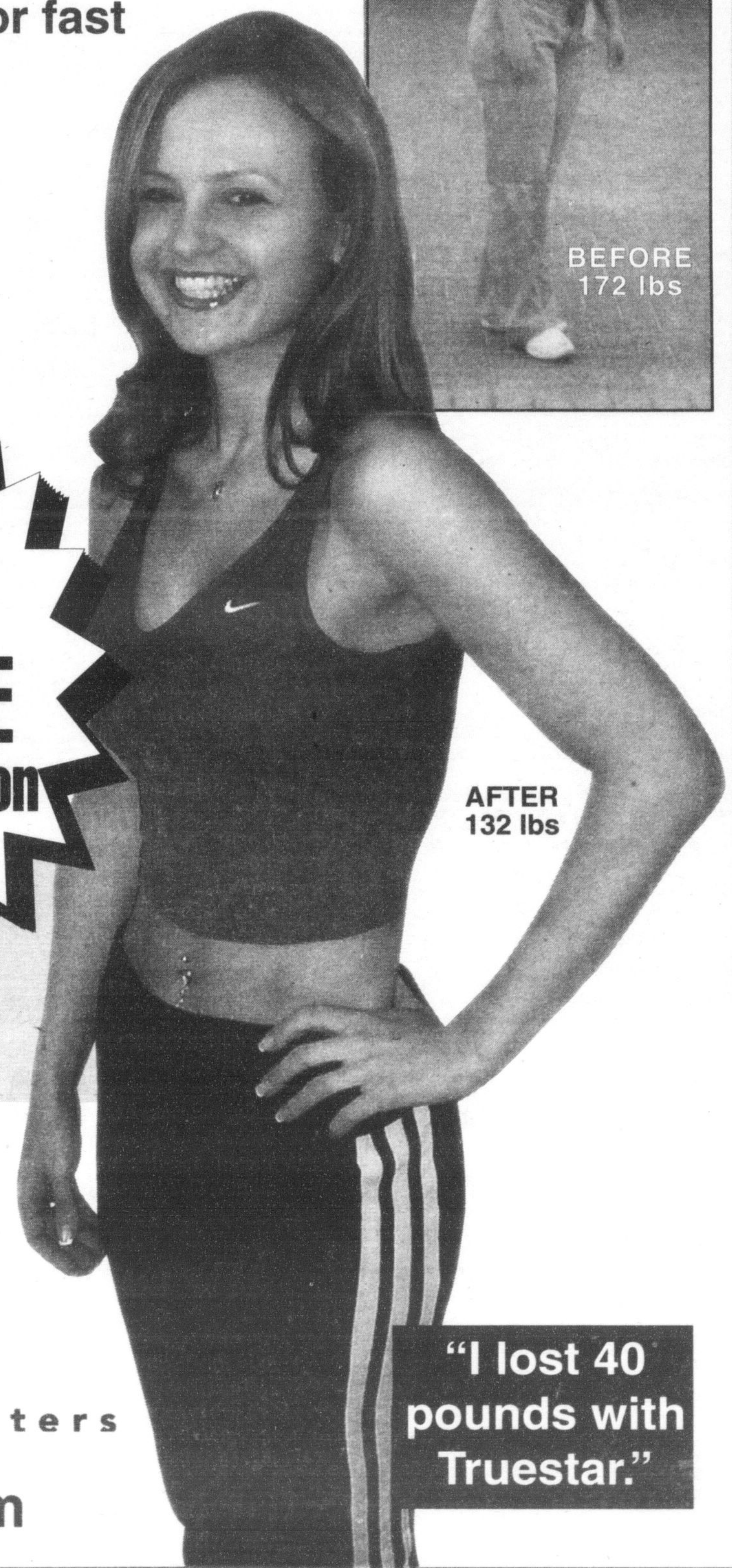
For your free consultation call:

905-864-6644

575 Ontario Street, Milton



BEFORE
172 lbs



AFTER
132 lbs

**"I lost 40
pounds with
Truestar."**



Truestar™

FOR WOMEN

Nutrition & Fitness Centers

www.truestarforwomen.com