weight loss made simple

Wednesday 21<sup>st</sup> September 7.30pm in the Auburn Lodge Hotel.

A seminar with

Willie Healy of Body & Mind Fitness

All proceeds go to

**Clare Crusaders Clinic** 

Admission €10

If you want to lose weight, have a healthier lifestyle, get fitter or improve your sports performance, this is for you

The seminar will be followed by a question & answer session.

All tickets will be entered into a draw for

#### 1st Prize

1 free personal training session per month for 6 months & 6 months free gym membership

# 2nd Prize

1 free personal training session & 1 months free gym membership

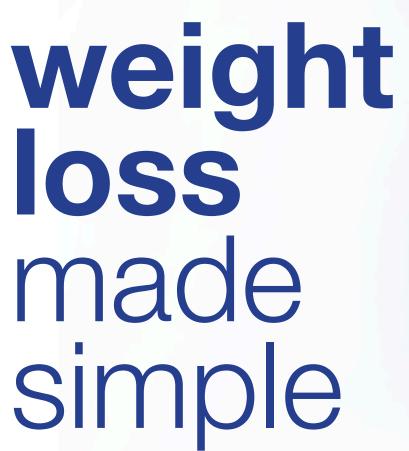
## **3rd Prize**

1 free personal training session.









Wednesday 21<sup>st</sup> September 7.30pm in the Auburn Lodge Hotel.

A seminar with

Willie Healy of Body & Mind Fitness

All proceeds go to

**Clare Crusaders Clinic** 

Admission €10

If you want to lose weight, have a healthier lifestyle, get fitter or improve your sports performance, this is for you

The seminar will be followed by a question & answer session.

All tickets will be entered into a draw for **1st Prize** 

1 free personal training session per month for 6 months & 6 months free gym membership

#### 2nd Prize

1 free personal training session & 1 months free gym membership

## **3rd Prize**

1 free personal training session.





