

weight loss made simple

**Wednesday 21st 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.



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