

# a new approach to women's weight loss

Enjoy life to the fullest through sustained weight loss,  
higher energy levels, and the courage to  
tackle whatever comes your way!



## PowerUP

- \* Achieve 15-30 pounds weight loss in 16-weeks
- \* Get support from your peers and a coach (if you want)
- \* Reset your metabolism and mindset with a proven approach

Have Questions?

email: [info@powerupmyhealth.com](mailto:info@powerupmyhealth.com)  
or call: 888-767-1125

To Sign Up:

go to: [www.powerupmyhealth.com](http://www.powerupmyhealth.com)  
use coupon code: manatee2017

16 week program discounted by:

**YourChoice**  
MANATEE HEALTH PLAN