



Weight Release

through Inner Peace

Hypnosis to create healthy lifestyle changes

Price reduced from \$399 to \$250!

Marla Goldberg, certified Hypnotherapist

- **Heal the Source**

Release buried emotions & stress that cause weight gain

- **Eat Without Dieting**

Change your relationship with food & portions

- **Get Support**

Receive practical tools to support your every step

- **The Course**

Create new habits through classes or private sessions



Weight Release Classes

Eight classes meet weekly for 2 hours

NEW Sessions start in April

Wed. evenings 7-9pm 4/7 thru 5/26

Daytime classes available

- North Shore Wellness Services, Inc.
3000 Dundee Rd. Northbrook, IL 60062 #411
Visit: www.northshorewellness.com
 - Fee: \$250 (includes Marla's CD)
(Personal results may vary)
To register call Marla at 847.828.4511
windspirit333@comcast.net
-

What Participants Are Saying...

"My relationship with food no longer consumes me. Marla combines many modalities into a powerful, unique experience. I have learned new tools to replace bad habits allowing sustainable change to become a reality. Marla is an amazing presenter and facilitator. She incorporates hypnosis and experiential exercises into an interactive class that is riveting. I felt renewed and empowered. I cannot recommend this life changing class enough." **Joyce Rabinowitz**

"I have taken Marla's weight release classes. As a physician, I have explored many weight loss programs. Her classes are by far the best program I have seen." **Dr. Richard A. Bisceglie, Doctor of Naprapathic Medicine**