

A Weekend Weight Management Program with Energy Psychology

The Best Way to Shed Pounds Forever

Tired of Yo-Yo dieting and frustrated with diets, exercise and regaining weight back and more?

In this program, Dr. Joalie Davie integrates several cutting edge techniques* to release your cravings and help you heal from the inside. She will guide you into insightful practices and fun exercises that will empower you to change your relationship with foods so you can watch the pounds wash away without resorting to will power. The weight loss will be gradual and permanent.

With this workshop, you will:

- Eliminate food addictions
- Eat better
- Have more energy
- Love your body
- Feel better physically
- Feel happier
- Have more clarity
- Boost your immune system
- Sleep better
- Be more at peace

*Tapas Acupressure Technique (TAT); Emotional Freedom Technique (EFT); Focusing, and other energy therapies

**If you're ready to love your body,
register today for this unique opportunity!**

TESTIMONIALS:

"It was a great class. In just one session I was able to stop my cravings and was more aware of what I was eating."

"Very helpful class."

"It was a positive experience."

About workshop leader:

Jolie Davie, MD has been a physician for 3 decades and has cared for over 25,000 patients. She served on the clinical faculty of Harvard Medical School and taught and supervised other physicians and students. For the past 10 years, Dr. Davie has integrated modern science, psychoneuroimmunology, and ancient healing wisdom to empower her clients to heal and take charge of their well being with ease and grace. She is the Founder and Director of Health From Within, LLC; a center for health, wellness, stress reduction, and community.

Saturday & Sunday

November 5 & 6, 2011 &

10:00 AM-5:30 PM
UNM Center for Life

Registration Fee:
\$360/person

Class size limited to 18 participants.

Prior participants are welcome to take
this workshop again.

To register, please contact the

UNM Center for Life
Preventive & Integrative Medicine Specialty Clinic
4700 Jefferson Blvd. NE, Suite 100
Albuquerque, NM 87109
505.925.4551 or
CenterForLife@salud.unm.edu

Please visit the Center for Life website at www.unmcfl.org
for additional information on this event as well as for other
clinical and educational services.

