

SIX WEEKS TO

THE INTENDED LIFESTYLE

WITH BRIAN J. NIMPHIUS, D.C.



ARE YOU READY TO:

- **LOSE WEIGHT**
- **INCREASE YOUR ENERGY LEVELS**
- **DECREASE YOUR STRESS LEVELS**
- **REGAIN YOUR HEALTH**
- **INCREASE YOUR LEVELS OF PEACE**
- **IMPROVE YOUR RELATIONSHIP WITH GOD**

STARTING JANUARY 20, 2010 @ 7:00PM

LOCATION: WHITE'S CHAPEL UMC

185 S WHITE CHAPEL BLVD • SOUTHLAKE TX 76092

817-251-6767 • WWW.VICTORYCHIROPRACTIC.COM

WHAT IS THE INTENDED LIFESTYLE?

This 4-week health challenge will inspire individuals to make real and lasting progress in the areas of nutrition, exercise, time management and stress management. The class uses four weekly workshops to share with you the greatness of God's plan for your health. The Intended Lifestyle will give each participant the tools they need on a daily basis to make steady, incremental changes to live a lifetime of health and happiness. This program uses God's word to help show you how to live a long fruitful and healthy life.

\$25

(INCLUDES THE BOOK AND OTHER RESOURCES TO KEEP YOU FOCUSED.)

EMAIL: INFO@VICTORYCHIROPRACTIC.COM FOR MORE INFORMATION OR TO RESERVE YOUR SEAT