



Weight-loss + Pilates

Thinner by Jan. 2010

Make peace with food and exercise forever- from the inside out. Weight is about emotions too: Using Dr. Martha Beck's proven methods (as featured on Oprah), Dr. Deborah Butler, (Martha Beck certified life-coach), and Karen PrechtI team up for a 8-week workshop to put YOU back at the top of your list and free you from diets and deprivation by 2010.



Come try a FREE
90-minute session
at the Ladue Studio
Monday Sept. 14th
12-1:30pm
Thursday Sept 17th
12-1:30pm
(\$180 value)

**Call Dr. Deborah Butler 636.346.5014
for more information**