

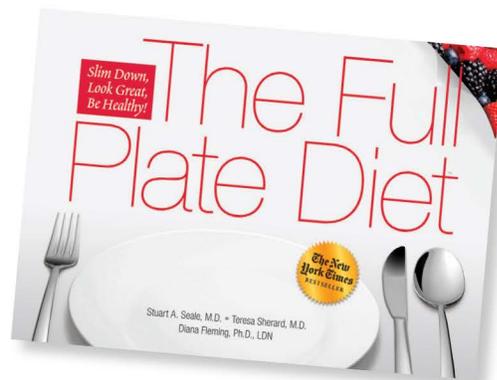
Are You Eating Enough To Lose Weight?

Strange as it sounds, most of us aren't.

We're starting a new weight loss program created by the doctors who wrote *The Full Plate Diet*. It's a group program that we think you'll find quite different and refreshing.

The Full Plate Diet Weight Loss Program will:

- Give you a simple eating plan you can enjoy as part of your everyday life
- Free you to eat more food while cutting the calories in half
- Show you how to rev up your weight loss and lose weight twice as fast
- Empower you to escape the yo-yo dieting trap
- Help you discover the 10 weight loss tools successful losers use



New York Times Bestseller

If you've been thinking about losing weight, you're invited to join us!

We'll meet for eight 1-hour sessions beginning

Apr. 2-May 21
Wednesdays at 5:15 p.m.

Apr. 17-Jun. 5
Wednesdays at Noon

Apr. 8-30
Mondays & Tuesdays at
Noon

Location: Huston Huffman Fitness Center

1401 Asp Avenue, Room 170, Norman, OK 73019-2142

Fee (includes participant kit): \$
OU Students/Employee
\$25 + tax per person
Non-OU
\$83 + tax per person

Pre-registration is required by

Date: in person at the front desk

Student Faculty Staff

My phone #:

My email:

My name:

Enjoy a full plate. Lose weight. The Full Plate Diet.

www.FullPlateDiet.org

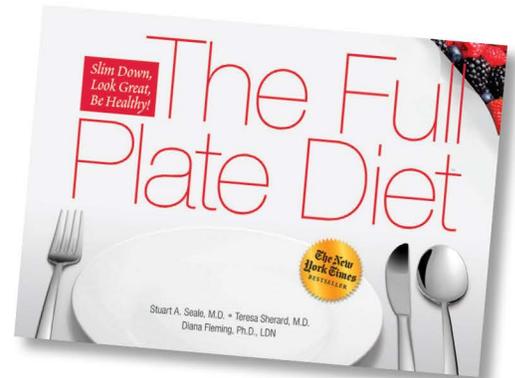
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To see if you'd like to join us, you're invited to our Free Information Session.

Date: Tuesday, March 26 5:15 p.m. Monday, April 1 Noon Wednesday, April 10 Noon

Location: Huston Huffman Fitness Center

1401 Asp Avenue, Room 170, Norman, OK 73019-2142

To R.S.V.P. or for more information, contact:

Name: Heather Kirkes

Phone: (405) 325-3053

Email: heatherkirkes@ou.edu

Enjoy a full plate. Lose weight. The Full Plate Diet.

www.FullPlateDiet.org

The University of Oklahoma is an equal opportunity institution. For information or for accommodations on the basis of disability, contact Heather Kirkes at (405) 325-3053 or at heatherkirkes@ou.edu. www.ou.edu/eoo.

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