

AT THE LIVE YOUNG SKY LAKES WEIGHT MANAGEMENT PROGRAM

# Realize your very best self



**Diana Newdall**  
**LOST NEARLY 50 POUNDS!**

**Diana Newdall:** Any friend that asks me about the Weight Management Program, I let them know, it's a great program. I have learned how to eat, exercise, and sleep MY WAY to a happier and healthier lifestyle. You should join. You should be there. You should be there now!