



6 Week Online TLS Low GI Wellness Class

Transitions Lifestyle System (TLS)

Join us and learn how to have a healthy mind and body. Regain energy, feel better, manage your weight and learn to live a healthier lifestyle!

Based on the glycemic index ~

TLS Weight Loss Solutions

Encompasses low-glycemic impact eating, behavior modification and body composition with recipes to help you make the lifestyle shift. All with a goal of boosting metabolism into high gear it will decrease your inflammation, pain, blood sugar, cholesterol, inches, & body fat... Increase your energy, confidence, health & outlook on life!

Fun 6 week TLS ONLINE class based using free Join.Me webinar platform!

Starts Monday, FEB 9, 2015

*Mondays from 8:00 pm – 8:45 pm (via webinar)
(Feb 9, 16, 23, Mar 2, 9, 16)*

Cost = \$120 (Includes instruction, recipes, & over \$100 of TLS products)

For more information or to confirm your seat contact:

Lisa Hoynes, TLS coach

701-400-7671 or j2wellness@hotmail.com

