



# Health Stewards

## Spring Into Health and Wellness

*“Support - Encouragement - Accountability”*

Come hear Dr. Nick Yphantides share about his radical personal transformation -- how a medical doctor lost 270 pounds and has kept it off for over almost 10 years now!

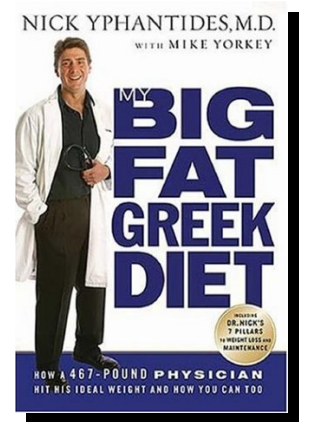
Inspiring, motivational, and entertaining. His humble, honest story brings hope that losing weight is possible for anyone, even without risky major surgery or unsafe, appetite-suppressing drugs. Come learn the 7 Pillars of Weight Loss

and Maintenance. This is a fresh new perspective on fitness and healthy living! Don't go at it alone.

Dr. Nick has been featured in Reader's Digest, CNN, People Magazine, Discovery Health channel, Fox and speaks to groups offering encouragement for healthy living.

Sign-ups will be taken for those interested in joining a FREE eleven-week weight loss support group

meeting subsequent Tuesday evenings. The weekly meetings will be from 7:00-8:30pm and will include lectures by dr. Nick, participant testimonials, outside experts, special activities, awards, and small group support. Bring your youth along too. Unfortunately no childcare is available.



### *The Seven Pillars of Weight Loss and Maintenance*

**Pillar 1:** Change the way you see before you change the way you look

**Pillar II:** Slash Your Calories by Eating for the Right Reasons

**Pillar III:** Fill your tank with the right amount of the right food

**Pillar IV:** Burn calories like never before

**Pillar V:** Plan a radical sabbatical

**Pillar VI:** Don't travel alone

**Pillar VII:** Realize your weight-loss journey is for a lifetime

## Tuesday, April 6, 2010

7:00 p.m. - 8:30 p.m.

### Emmanuel Faith Community Church

The Church is located at:

639 E. Felicita Ave, Escondido, CA 92025

For more information please contact Pauline: 760-420-2251

[www.HealthSteward.com](http://www.HealthSteward.com)

