

# *Weight Mastery Workshop*

## *A Body – Mind – Spirit Integrated Program for Success*

The Weight Mastery Workshop is designed to transform the way you feel about your ability to be in charge of your weight, and your actual results.

What if you could not only release those excess pounds, but could also become more comfortable with yourself and how you look?

Learn the processes you can use to achieve reasonable goals, and successful maintenance. This program designed for success, and depends on your commitment to yourself and willingness to be coached.

### **Enroll Now for the full 2 Day Workshop With Wini Curley, Ph. D.**

**Saturday, February 24 – 9:30 AM to 3:30 PM  
Sunday February 25 – 9:30 AM to 3:30 PM**

**Tuition - \$250 (Sun lunch included) \$200 before Feb 9**

**To register, provide your name and contact information:  
call 919-960-8897 or fax 919-932-3518, or  
Email [wini@treatuwell.com](mailto:wini@treatuwell.com)**

#### **Issues to be addressed.....**

- Are you coachable? What does it mean to have a coach assist you in this process?
- How beliefs and attitudes shape our results – what is in your way?
- Identify the behaviors that sabotage your success – and devise strategies to overcome (for example - snacking, late night eating)
- Identify and clear emotional blocks regarding food and self image
- Learn to acknowledge and embrace what works, and eliminate what doesn't – without guilt.
- Exercise and Diet – the balance for you

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## **DR. CURLEY PRESENTS TECHNIQUES AND PRACTICES THAT LAST**

Each class topic is structured with elements for the body, mind, and spirit. A portion of the workshop time is devoted to the lecture and discussion of specific topics. Additional time is planned for experiential learning to assist with adjusting thoughts/beliefs, clearing emotions, and sharing experiences. Demonstrations are also provided.

**Take the Weight Mastery Workshop with a buddy for support and encouragement when you implement the practices.**

### *EXAMPLE TOPICS*

*What You Think and Believe Determines How it Goes.* Giving yourself permission to succeed. Your personal contract.

*Tricks and Tools for Success* – 100 calorie snacks, other recipes, key foods, and menu plans for variety and balance.

*Diet and Exercise - The Balancing Act* - What is the best approach for your habits and needs

*Eat Right for your Blood Type* – Summary of the book concepts

*Cleansing and Nutritional Supplements* - Options for slow metabolism, poor digestions (gas and bloating), bad breath, and more.

*Keys for Successful Maintenance* - Long term transformation of your habits

Classes are offered in Chapel Hill, NC at the *Graceful Living Wholeness Center*. .located at 1829 E Franklin St, #900D in Franklin Square, Chapel Hill, NC.

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