



Weight Mastery Weekend

An Integrated Program for Success

Enjoy Life & Release Food Guilt !

The Weight Mastery Program is designed for **both men and women** from **18 to 80** who choose to transform the way you feel about your ability to be in control of your weight, along with your actual results.

What if you could not only release excess pounds (or add them if that is your issue), but could also become more comfortable and accepting of yourself and how you look?

Come to learn the processes you can use to achieve reasonable goals, and successful maintenance. This is a program designed for success that depends on your commitment to your health and willingness to be coached.



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919-960-8897

Enroll by Feb 9
Receive \$50 (25%) off

Two Day Workshop with Dr. Wini Curley!

1829 E. Franklin Street, 900 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)

Key Topics

What You Think and Believe Determines How it Goes. Give yourself permission for achievable goals

Your Metabolism How many calories do you burn at rest, how many can you eat and also release weight?

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

Diet and Exercise - The Balancing Act What is the best approach for your life, responsibilities, & needs

Syndrome X & Eat Right for your Blood Type Summary of the book's concepts

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

Keys for Successful Maintenance - Long term transformation of your habits & beliefs for healthy longevity

Wini Curley, Ph.D. is a speaker, author, facilitator and wellness coach who assists and empowers individuals and groups to align their actions with their goals, visions, and dreams. She uses a practical perspective and examples with humor and humanity to convey key concepts. Her doctorate is in biochemistry.



“10 years ago I was 45 years old, had a frustrating job, and weighed 45 pounds more than I do now. If I can work through my issues to regain my health, vitality, and mastery of my weight, so can you! Let me show you in one weekend what it took me years to discover. Use my journey and lessons to help reveal and quicken yours!”

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