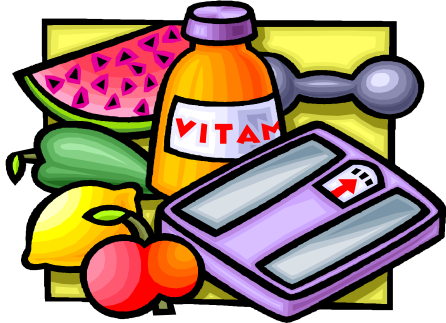


*January 2010 Classes Now Forming  
At Razor Sharp Fitness  
Begins Wednesday January 13<sup>th</sup>*



## *Transitions Lifestyle Weight Management System*

*- A 12 Week Weight Loss Program -*

**Suzanne Williamson RN BSN**  
Certified Transitions Lifestyle Coach  
Certified Diabetes Educator

**Transitions Lifestyle System is a 12 week program that takes a whole person approach to weight management. The program is designed to help you take a closer look at how your health is affected by eating habits, activity level, stress level and self-esteem. The system encompasses a low glycemic index meal plan, exercise, positive affirmation, tailored supplementation and journaling. Transitions is not a diet, but a way of life!**

To learn more, attend one of these **FREE** informational seminars  
At Razor Sharp Fitness 7300 Washington Avenue Racine

***Wednesday December 16<sup>th</sup> 6p-6:30pm***

***Saturday December 19<sup>th</sup> 9a-9:30am***

***Wednesday January 6<sup>th</sup> 6p-6:30pm***

***The class begins January 13<sup>th</sup>!***

*Registration for FREE overviews NOT required  
Registration & Fee for the classes will be accepted at the overviews*

**Email : [swilliamson@razorsharpfit.com](mailto:swilliamson@razorsharpfit.com) or call 262-321-0200**

**for pricing and registration information**