

Think Yourself Thin!

Transform who you are not just the way you look!



You thought about it. Maybe you tried Jenny Craig and Weight watchers and gave up.

Now try **Susan Ferguson's Think Yourself Thin** and get the success you have been looking for.

Susan combines cutting edge weight loss strategies with cognitive behavioral therapy to help you achieve the results you have always wanted.

Susan Ferguson of the Counseling Center of New Smyrna Beach is currently taking information for individuals who would be interested in participating in a **Group on Weight Management**.

If you are interested please leave this sheet with your name and number with our staff and Susan will be getting back to you about the details.

This is an exciting opportunity to have a therapist who specializes in weight management **help you achieve your dreams.**

Name: _____

Number: _____