



Weight-loss + Pilates

A Life-changing Workshop

Make peace with food and exercise forever- from the inside out. Weight is about emotions too: Using Dr. Martha Beck's proven methods (as featured on Oprah), Dr. Deborah Butler, (Martha Beck certified life-coach), and Karen Prechtel team up for a 6-week workshop to put YOU back at the top of your list and free you from diets and deprivation.



**Come try a FREE 90-minute session
at the Ladue Studio
Tuesday July 14, 9-10:30 am
(\$150 value)**

**6 week workshop at the Ladue Studio Only
Tuesdays July 21-August 25, 9-10:30 am
Call Dr. Deborah Butler 636.346.5014
for more information**