

## DEEP DIVE SERIES





JUNE 20TH, 2018 | 4:30-6:00PM

## Healthy Weight for Life

Achieve and maintain healthy weight! Explore inflammation and detoxification, recognize patterns and long-term effects of unhealthy behaviors, and get well. Understanding the pitfalls of appetite suppressants and excessive calorie restriction helps us to embrace lifestyle choices that create lifelong, optimal body composition and chronic disease prevention.



## Get more for less with Deep Dive!

- An interactive class with similar benefits to a 1:1 doctor visit
- Reach your health goals through the power of community
- Personally connect with Dr. Tetlow, PIM's Founder
- Financially accessible. Pre-registration required.

Cabrini University, Iadarola Hall | 610 King of Prussia Rd | Radnor, PA

\$75 | Register at philly-im.com/event/deep-dive-6-20

Questions? info@philly-im.com | 888.702.7974 x0

NEXT UP: JULY 11th | Deep Dive: Essentials of Immune Health

Limited Space Available!