



Get Ready for Summer!

8 Week Weight Loss/Wellness Class

104 South Railroad Street, Hughesville

Wednesdays from 5 – 6 pm, April 2 to May 21st, 2025

Clients that have worked with Rose Trevouledes, MS, RD, LDN have:

- *Lost and kept off up to 120 pounds*
- *Reversed pre-diabetes, fatty liver, insulin resistance and PCOS*
- *Improved A1C up to 5 points (11.1 – 5.1)*
- *Reduced or eliminated need for prescription medications including insulin and blood pressure pills*
- *Improved blood sugar/pressure control, improved labs significantly*
- *Lost 10 inches ++ from their middle*

*With the **Lose Weight with 8** meal plan and lifestyle approach you will see results immediately, while eating real food including carbs!*

Sign Up/1st Class

Wednesday, April 2 at 5 pm

First class 5 – 6:30 (extra time to get meal plan down)

Cost: 225.00 cash, check or Venmo

Call or text Rose @ 570-971-7065 to reserve a spot

***YOU CAN DO IT!!
I'M HERE TO HELP!***

