

# 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 Prechtl 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

Thursday, April 16th 12:00-1:30pm

(\$80 value)

Upcoming workshop at the Ladue Studio Only

Thursdays Noon-1:30pm

Call Dr. Deborah Butler 636.346.5014

for more information