



Join our 10-week course
September 11 - November 13
Monday nights | 7-8 PM

Best Weigh Topics

- What makes Best Weigh Unique?
- Is Exercise Necessary?
- The Ultimate Weight Loss Motivation
- Fats, Trans Fats, Cholesterol
- Low Carb? High Carb?
- Protein Poppy Cock
- What Mom Told You To Eat
- Whole Grains & Fiber Magic
- Which Vitamins & Supplements?
- Who Are The Healthiest People?

About the Program

You weigh more than you want to. Diets work for a while but eating is so satisfying. Food tastes so good and you are eating more than you should. You need to lose weight, but it is not easy.

Don't give up. Come try Best Weigh. We have been helping people just like you with Best Weigh since 1974. Is Best Weigh easy? Dieting is never easy, but we make it as easy as we can. You can lose weight on the foods you eat right now.

You will learn to eat better and wiser. There is no diet to go on because you lose weight on a maintenance program.

Some have lost up to 30 pounds in 10 weeks. Some have lost more and others less. We do it as a group and you get plenty of personal attention and help.

Best Weigh Staff

Your success is enhanced because of our dedicated staff. Best Weigh was developed by Elvin Adams, MD, a specialist in internal medicine, in 1974. He has helped thousands to successfully lose weight. Your main lecturer will be Jason Lohr, MD, who is a specialist in family medicine and has worked in Florida, Nigeria, Honduras, and California and can make even the most complex medical concepts easy for all to understand.

At Best Weigh you will receive personal attention from healthcare professionals and people just like yourself who have successfully lost weight.

Pastor John Anderson of the Mentone Seventh-day Adventist Church will bring brief spiritual lessons that will support your weight loss effort.

You will receive your most individualized support from people just like you who know Best Weigh first hand. Some time will be spent in small groups where every question, issue, and problem will be discussed. You will discover that this very personalized help will go a long way toward making weight loss easier than it has been in the past.

The entire program, including materials, is just \$30.

Meetings will be held at the

1866 Mentone Blvd., Mentone, CA 92359

www.mentonechurch.org/bestweigh

909-206-2548