



The Time Is Now!

# Body Fat Loss Secrets

Are you ready to FEEL GREAT and LOOK FABULOUS?

Today

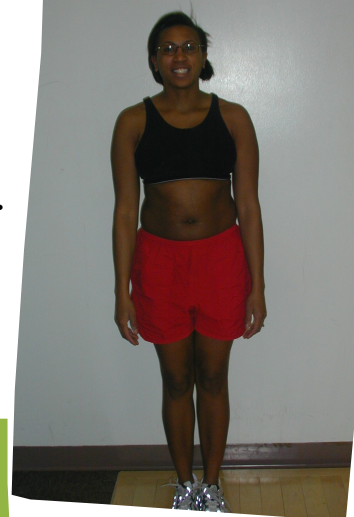


Fat loss is not easy! By attending this **FREE SEMINAR** you'll learn **6 fat loss secrets** that will help you lose your extra pounds of fat!

If you have you been dieting and exercising for years and **not seeing ANY results**. You're unsure about what nutrition facts are true. You're just looking to **button your pants**, (you know the ones I'm talking about, the ones hiding in the back of your closet) **slip into that little black dress or just reclaim your body?** You'll want to attend!

Kim's 60 minute presentation will cut through the myths and help you learn how you can **LOSE BODY FAT** and **KEEP IT OFF!**

Before



## Simply Erinn's

268 Brookline Avenue, Cambridge, MA

Monday, November 29, 2010 | 7pm | Seating is LIMITED.

Registration is required.

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**Kim Barnes Jefferson** is the owner of **The Fabulous Fit Squad**. She is an experienced nationally certified personal trainer and wellness coach with several years of experience in all areas of training, nutrition and lifestyle management. She specializes in helping women reclaim their bodies so they may feel great and look fabulous. She offers motivation, nutrition and workout advice on her blog [www.fabfitsquad.com](http://www.fabfitsquad.com). You may also connect with her on Facebook and Twitter.

