

Successful Weight Management

15th December 2007

Do you want to Enjoy Malaysian Food and Loose weight

- nasi lemak!!
- Water – melon !!
- Yong tau fu!!
- Asam laksa !!
- Chips !!

Reserve your place with healthy lunch today

RM280.00

CALL 03 2092 3950 Website www.hypnosis-malaysia.com



The Weight Management Information Centre
And
The London College of Clinical Hypnosis Malaysia



Have created a one day course in how to manage your weight successfully
At University Malaya Faculty of Medicine

Included are :

- Health and Weight screening - *know the truth*
Nutrition advice - *work out what to eat*
How to use hypnosis - *plan your success*

With

Advice from the Dato Dr Khoo (President of MMA) on obesity related illnesses and how to understand the BMI ratio

Starts

10am Registration

10.30 Sheila Menon - introduces the London College of Clinical Hypnosis

10.45 Tan Sri Dato Sri Dr. Mahadevan introduces Hypnosis

11.00 Premilla Muthumaran - enjoy Malaysian food and loose weight

12.00 Peter Mabbutt - how to use hypnosis to loose weight

01.00 Healthy Lunch and health screening

02.00 Peter Mabbutt – take a little exercise

03.00 Dato Dr. Khoo Kah Lin – dangers of obesity

03.30 Peter Mabbutt – do it yourself with self-hypnosis

04.30 Questions and Answers

Questions on Weight Management?



CONSULT AN EXPERT



Peter Mabbutt



Sheila Menon



Dato Dr. Khoo Kah Lin