

Free Health Seminars

Educate and empower yourself about wellness, vitality & longevity!

Transitions Overview Webinar • View from your computer

From the comfort of your own home, join us for a seminar on the internet as Dr. Shari Lieberman, Ph.D. in Clinical Nutrition and Exercise Physiology, presents the Transitions Lifestyle System. Transitions Lifestyle System is a scientifically proven weight management program created by Dr. Shari Lieberman. A published peer review study is available with a comparison to Atkins, Weight Watchers, Ornish and The Zone diets. Lose more fat and more inches than any diet out there and keep it off for life. For help viewing the webinar, please call Lana Kress at (503) 804-2442.

View anytime from home at your computer

Go to www.LoseWeightWithTransitions.com to view webinar.

Weight Management, Disease Prevention & Overall Wellness

Learn about low glycemic index and its affect on blood sugar and insulin levels and how they can cause you to store fat and increase risk of degenerative & inflammatory diseases. Find out how to lose fat and inches (and keep it off) while preserving muscle all without dieting. We'll also share five inexpensive things you can do yourself to improve your digestion & how that relates to wellness.

Mon., Jan. 7, 2008 • 7:00 – 8:30pm

Cascade Athletic Club • 19201 SE Division St • Gresham OR 97030

Space is limited. Call Lana Kress at (503) 804-2442 to reserve your seat.

Constipation & Disease...Are They Related?

Learn how the digestive system affects your circulatory & immune systems and the importance of pH and probiotics. What are you feeding your body that is putting you at risk? What are you *not* feeding your body that is putting you at risk? Changes you can make to increase vitality and longevity.

Wed., Jan. 30, 2008 • 7:00 – 8:30pm

Cascade Athletic Club • 19201 SE Division St • Gresham OR 97030

Space is limited. Call Lana Kress at (503) 804-2442 to reserve your seat.

Pills, Capsules, Liquids...Which Supplements Are Best?

A recent study found that more than 3/4 of U.S. physicians (79%) and nurses (82%) recommend dietary supplements to their patients. An almost equal number—72% of physicians and 89% of nurses—personally use vitamin, mineral, herbal and other supplements. Do you take supplements? How do you find out which ones you need? What type of supplements are best and why?

Wed., Feb. 20, 2008 • 7:00 – 8:30pm

Cascade Athletic Club • 19201 SE Division St • Gresham OR 97030

Space is limited. Call Lana Kress at (503) 804-2442 to reserve your seat.

**For more free educational health talks, seminars and webinars,
please visit www.CascadeAC.com or www.LanaKress.com.**

Transitions.
lifestyle system

“I was a size 16,
now I'm a size 2!”



Melisa Mistler
Transitions Client



- No more calorie counting
- No more fat or carb counting
- Eat regular food
- Lose weight & keep it off

Transitions.
lifestyle system

CLASSES NOW FORMING (Individual and Group Classes are Available)

For more information, email cac@lanakress.com or contact Lana Kress (503) 804-2442.
Cascade Athletic Club • 19201 SE Division St • Gresham 97030 • (503) 804-2442

FREE Transitions Lifestyle System Overviews at CAC-Gresham:

Monday, January 14th • 7:00 - 8:00pm
Monday, January 21st • 7:00 - 8:00pm
Monday, January 28th • 6:00 - 7:00pm

Classes start at CAC-Gresham on Monday, January 28th • 7:00 - 8:30pm