



TRIM LIFE®

Weight Release Program

Addressing the Root Causes of Overeating

This unique program will empower you to manage both your hunger and your weight by addressing the root causes of over-eating. Diets don't last because they can trap you in a cycle of restriction and binge-eating. TRIM-LIFE helps you adopt a new relationship with food, eating, and your body that maintains your weight loss.

How does hypnosis help to manage weight?

TRIM-LIFE uses a small group setting, self-hypnosis and hypnotherapy to induce relaxation and activate the subconscious mind to help you manage your appetite. Hypnotic tools help to:

- Shrink your stomach to feel satisfied with smaller portions
- Eliminate the emotional triggers that create cravings for unhealthy foods
- Control your appetite using the Hunger Meter
- Create new core beliefs that support healthier behaviors

Identify what you are truly hungry for and work on attracting that into your life

Tuesday January 10, 17, 24, February 7, 14, 21

336 West Spruce, Missoula 6:15-8:30 pm

\$350 Includes course materials (\$50 value)

Sign up with a friend for a \$50 discount

Participants are invited to join an ongoing TRIM LIFE support group

DIETS DON'T LAST
Reach Your Optimal
Weight by Changing
Your Relationship with
Food

6 Week Program using
Mindfulness,
Education, and
Hypnosis

Control Cravings and
Overcome Emotional
Eating

Course materials
include a self-hypnosis
MP3/CD and 2 books

Healthy Lite Meal
Included

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Register by calling or at
chuckwaylandtherapist.com