



Are you ready for a weight loss program that's fun and really works?

On Sunday, January 6, 2019, Brandenburg United Methodist Church will begin a Losing to Live program based on Steve Reynolds' book *God 4 God*.

Losing to Live is:

BIBLICAL – like no other program in the area

PERSONAL – designed for each individual

INCREMENTAL – offers a small-step approach for anyone interested in improving their overall health and/or losing weight.

Orientation for the 12-week program is

Sunday, January 6, 2019, at 4 p.m.

Weekly programs will be held at 4 p.m. on

Sundays beginning January 13, 2019.

\$20 for book & program

\$25 for book, program & t-shirt

Registration closes December 31, 2018.



REGISTRATION FORM

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: (H): _____ (W): _____ (C): _____

EMAIL ADDRESS: _____

GENDER: Male _____ Female _____ MARITAL STATUS: _____

DATE OF BIRTH: _____ AGE: _____

HOW DID YOU HEAR ABOUT THIS PROGRAM?: _____

My goal is to lose _____ pounds during this 12 week program.
(The average weight loss is 1-2 pounds per week)

My T-shirt size is: SM MED LG XL XXL XXXL (circle one)

DISCLAIMER: Participating in this event is at your own risk. We hold no liability and/or responsibility for any health problems that can arise. As with any weight loss and diet program, we recommend that you seek your physician's advice before beginning this program.

SIGNATURE: _____ DATE: _____

FOR OFFICE USE ONLY:		
DATE PAID _____	AMOUNT PAID _____	PAID BY _____
DATE RECEIVED MATERIALS _____	SPECIAL INSTRUCTIONS _____	