

at West Grove Clinic, LLC

# PROACTIVE WEIGHT CONTROL

With Larry Johansen, MS, RD, CD      Zone™ and ZONEPERFECT™ Certified Instructor

## What is it?

*Proactive Weight Control* is a three-hour class specifically designed to teach you the fundamentals of lower carbohydrate nutrition, so you can PROACTIVELY manage your diet, healthcare and wellness. You will learn the basics of Lower Carb, Insulin-Control Nutrition, the science behind weight gain and weight loss, the important role of insulin, and how a balanced diet program popularized as The ZONE™ can improve your health. You will also receive a useful reference manual to help with personalized understanding and nutrition planning.

## How can you benefit?

- ↳ Maximize Fat Loss
- ↳ Enhance Energy, Stamina & Mental Acuity
- ↳ Boost Immune Function
- ↳ Control Sugar Craving
- ↳ Slow the Aging Process
- ↳ Lower Blood Pressure, Cholesterol & Insulin Levels
- ↳ Implement The ZONE™ Nutrition Program

**January 18, Monday, 6-9 p.m.**

**February 15, Monday, 6-9 p.m.**

**March 15, Monday, 6-9 p.m.**

## West Grove Clinic, LLC

12425 Knoll Road, Suite 110, Elm Grove, WI 53122  
Located 2 blocks south of Watertown Plank Road off of 124<sup>th</sup> Street in Elm Grove.

**Cost:** Advance registration is \$50 per person

## REGISTER TODAY!

Complete the form below, and mail it with your check payable to West Grove Clinic, LLC

Class space is limited. For more information call Larry Johansen at **414 378-1180** or email **LarryJ@MyProactiveHealth.com**.

YES, I wish to attend

### Proactive Weight Control

ON (pick one)

- January 18, 2010**
- February 15, 2010**
- March 15, 2010**

Please find enclosed my check

For \$ \_\_\_\_\_.

Name \_\_\_\_\_

address \_\_\_\_\_

city \_\_\_\_\_

state \_\_\_\_\_

zip \_\_\_\_\_

daytime phone \_\_\_\_\_

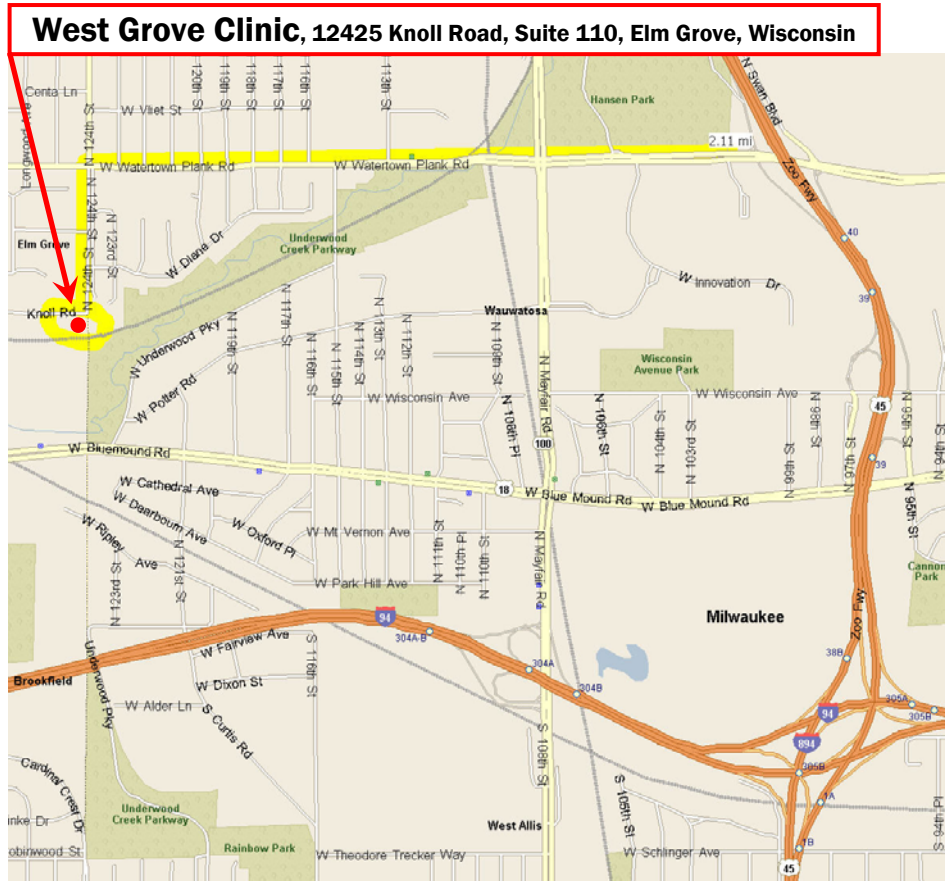
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referred by \_\_\_\_\_

*“Instead of being REACTIVE to healthcare needs, I work with clients to be PROACTIVE and minimize their health problems related to diet and nutrition. This improves overall quality of life. Additionally, research shows that taking a PROACTIVE approach, addressing nutritional and lifestyle issues before they get out of hand, can markedly decrease a persons long-term medical costs.” —Larry Johansen*

**About Larry Johansen, MS, RD, CD:** Professionally active in clinical nutrition since 1973, Larry is highly credentialed and experienced to help individuals attain their nutritional and dietary goals for healthier lifestyles and happier living. Larry has seen over 1000 clients during his last 13 years of clinical practice, many of whom were referred by their doctors. Some clients simply want to shed a few pounds, while others are looking to enhance their health. One is an ultra-marathon athlete who wants to improve his performance. No matter what your personal healthcare goals may be, Larry will help you to better manage your nutrition, diet, and lifestyle for improved overall health and well-being.



For more information, visit [www.WestGroveClinic.com](http://www.WestGroveClinic.com)  
or phone 414 378-1180