

# Thin Inside Out™

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## *Transform Your Relationship with Food, Eating and Your Body* **Seminar Series**

*You will experience a Metamorphous  
revealing your Innate Beauty, and  
Becoming Naturally 'Thin InsideOut'.*

Dates: October 20, 27, November 10, 17, December 1, 8  
Thursday Evenings  
7:00p.m. to 10:30p.m.

Bonus Follow-up Evenings, Thursday, December 15th

Tuition: \$497

**\$ 97 Discount** when Register with a Deposit by Oct. 6th

**Bring a partner or friend for \$250.**

**Reviewer \$100**

Location: Center for Conscious Living  
140 Mayhew Way, Ste. 200  
Pleasant Hill, CA 94523

*Just imagine . . . Permanent Weight Loss Without Dieting . . .  
Walking around in life feeling proud and confident in your body . . .  
Eating foods you love . . . No guilt . . . Having only 1 size of  
clothing in your closet . . . No fear of weight gain again . . .*

***Kathleen E. Sims***, C.H.T., D.D.

National Training Director for 10 years for Thin Within, the originator of the  
First Weight Loss Without Dieting Program

**Call 925 674-9003 now to Register**

**Class size is limited to 10.**

**[www.thininsideout.com](http://www.thininsideout.com)**

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**Kathleen E. Sims**, C.H.T., D.D.

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Reviewer \$100

**Location: Center for Conscious Living**

140 Mayhew Way, Ste. 200

Pleasant Hill, CA 94523

**Registration**

**Fill out Registration and mail to: Kathleen Sims  
140 Mayhew Way, Suite 200 Pleasant Hill, CA 94523**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (HOME) \_\_\_\_\_ (WORK) \_\_\_\_\_

(CELL) \_\_\_\_\_ eMAIL \_\_\_\_\_

TOTAL TUITION: \_\_\_\_\_ CHECK \_\_\_\_\_ or CHARGE \_\_\_\_\_

AMOUNT BEING PAID: In Full: \_\_\_\_\_ or Deposit \_\_\_\_\_ BALANCE DUE: \_\_\_\_\_

If charged: NAME ON CARD: \_\_\_\_\_

BILLING ADDRESS (If different than above.) \_\_\_\_\_

CREDIT CARD TYPE: \_\_\_\_\_ CARD #: \_\_\_\_\_ EXPIR. DATE: \_\_\_\_\_

SIGNATURE \_\_\_\_\_

**Any questions? Call Kathleen Sims 925 674-9003**

**[www.thininsideout.com](http://www.thininsideout.com)**