

Are you struggling to.....

Lose weight

Understand and control your binges

Stop compulsive eating

Exercise consistently

In a safe and

Non-intimidating

Outdoor environment?

Don't wait another day.....

**SOLUTIONSWEIGH
PROGRAM FOR
COMPULSIVE
EATERS INVITES
YOU OUTDOORS FOR
THE SUMMER**

To join:

“WALKING SOLES”

THE ONLY OUTDOOR PROGRAM FOR
COMPULSIVE OVEREATERS ON LONG
ISLAND

Registration is still open for...Call for dates and times.

**ABOUT SOLUTIONSWEIGH
DIRECTOR.....**

Virginia Porcello, PhD, LMHC, CEDS, is the director of Solutions. She has been working for compulsive eaters for over 20 years and developed this program especially for compulsive overeaters who struggle with out of control eating and motivation. She has personally lost over 200 pounds and kept it off for more than 25 years ago, and has helped hundreds of women find freedom from compulsive eating.

Don't miss this opportunity to work with Dr. Porcello in this great outdoor setting, don't delay, join today.

**Most people are consistent in exercising occasionally,
watching what they eat occasionally,
setting a goal or two occasionally,
and sticking to a budget occasionally.**

Occasionally is the formula for mediocrity and failure: fundamentals applied inconsistently.

Occasionally doesn't work and this is why 99% of overweight people cant gain control over their compulsive eating behaviors and lose weight.

They lead "lives of quiet desperation and hopelessness."

**When you feel hopeless and helpless about your weight,
It CAN FEEL IMPOSSIBLE to make a decision to do something.**

**But learning to be consistent in your actions over time is the key.
You are not born with that knowledge, it must be learned. But you have to start somewhere.**

Doing the same thing over and over again only brings the same results.

Think about changing your life.

You know you want to achieve your goals.....

Join WALKING SOLES OUTDOORS PROGRAM

Please don't toss this announcement aside only to find it one year from now telling yourself you are still stuck in the same hopeless place. You can make changes today.

Make a decision today.

How do you want to FEEL at the end of this summer?

The choice is yours.

You can think about changing, or do something to change.

**Take the opportunity to learn from the expert!
Dr. Porcello will share with you her years of expertise in helping
hundreds of compulsive eaters lose weight, make life changes, and find
the happiness they were craving for!**

Read on for more info about
SOLUTIONSWEIGH WALKING SOLES OUTDOORS
PROGRAM.....IT COULD CHANGE YOUR LIFE FOREVER!

- ❖ *Group meets each week for 90 minutes (30 minutes of walking with a partner and 60 minutes of support group session.)*
- ❖ *YOU WILL WALK AND TALK WITH WOMEN WHO HAVE SIMILAR GOALS*
- ❖ *JOIN FOR 4 WEEKS OR 8 WEEK INTERVALS,*
- ❖ *One time registration fee of \$50*
- ❖ *Each person is partnered with one or two people who walk at the same level (No need to feel like you are not ready or embarrassed, you can walk from one bench to the next and rest, walk for 10 minutes at a time or faster pace for 30-45 minutes) **OUR GOAL IS TO MAKE EVERYONE FEEL COMFORTABLE AND SAFE!***
- ❖ *TOPICS ARE GIVEN OUT TO Discuss with your partners as you WALK.*
- ❖ *Members meet after walking for 60-minute support group with facilitator to discuss the topic of the day where you will receive handouts and motivational materials to support you through the week.*

DATE: **SATURDAYS:** **9a.m. to 10:30a.m.**
 SUNDAYS: **9.a.m. to 10:30a.m.**
 WEDNESDAYS: **6:30p.m. to 8p.m. (STARTING SOON)**
 FRIDAYS: **6p.m. to 7:30p.m.**

WHERE: Eisenhower Park, Parking Field # 1 (call or email for directions)

FEE: **ONE TIME REGISTRATION FEE: \$50**
 Fees are \$35 per session and must be purchased in pkg of 4 or 8 weeks.

4 WEEK PKG: \$35 per session = \$140
8 WEEK PKG: \$35 per session = \$280 (less 10% discount of \$28.00) Total \$252.00

CALL TO REGISTER: 516-625-9181

PRE-REGISTRATION IS REQUIRED

E-mail: drporcello@solutionsweigh.com

Visit our web site to find out about our other services at www.solutionsweigh.com