

Learn to break bad habits

Sign up for a course designed to help you break those unwanted habits. Suggestions include many proven strategies plus outlines and handouts to take home. Call 879-8752 for reservations starting Jan 2.
Chevy Chase: Jan. 22, 7:30-9 p.m.

GO FOR TOTAL IMPROVEMENT,
MIND, BODY AND HOME!
OUR EXPERTS WILL
SHOW YOU HOW

RESOLUTIONS:
REJUVENATE
INVIGORATE
CULTIVATE

WOODWARD & LOTHROP