

LEARN HOW TO BURN FAT

KETO DIETING SUCCESS WORKSHOP

FREE – RESERVE YOUR SEAT NOW

FACILITATOR: PENNY FORRESTER

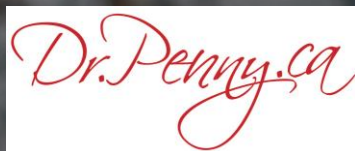
DRPENNY WEIGHT LOSS SERVICES INC. INFO@DRPENNY.CA



613 968 8100



info@
drpenny.ca



Workshop
Locations to be
announced.

Ketosis is the metabolic process of burning fat. Fat becomes the primary energy supply resulting in rapid fat burning for healthy weight loss. KETO dieters are NOT getting result. Why?

You are invited to join me for a FREE 3 hrs. Keto Workshop to help you understand Ketosis

PETERBOROUGH

March 23 Saturday
8 am to 11 am

Reserve your seat by emailing a request to confirm your seat today and bring a friend.

BELLEVILLE ON

March 9 Saturday
8 am - 11 am

Handouts:
Keto-Friendly Foods
DietMath: Keto Calorie Ratio
What happens to your body during Ketogenesis Chart

AGENDA

WHAT EXACTLY IS KETO?
HOW DOES IT WORK?
WHAT YOU CAN & CAN'T EAT.
ROLE OF CARBOHYDRATES.
INTERMITTENT FASTING.
BENEFITS & DOWNFALLS
WHY YOU LOSE QUICKLY.
THE GOOD KETO FATS.
KETO CYCLING TO MAINTAIN.

