

# SHRINK-A-SIZE IN

# 5

*weeks*

**YOU'RE  
INVITED  
TO  
LEARN  
HOW!**



**TLS OVERVIEW:  
MAY 24, 2023**

**WEEK 1 - MAY 31  
DETOX**

**WEEK 2 - JUNE 7  
LOW GI EATING**

**WEEK 3 - JUNE 14  
LABEL READING**

**WEEK 4 - JUNE 21  
IMPROVING METABOLISM**

**WEEK 5 - JUNE 28  
EXERCISE**

**REGISTER FOR OVERVIEW HERE:**

**<https://bit.ly/3IcWDBX>**

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&  
PAM WITKOWSKI**