

**Butterfly Life  
Lecture Series**

Elk Grove  
9165 Elk Grove - Florin Rd  
916-478-4201

Nutrition		Nutrition		Fashion		Psychology
Introduction		Party Survival		Renewed Image What Does Your Look Say About You		Self Sabotage
Portion Awareness		How to Burn More Fat		Colorize Your Life		The Mirror
Goal Setting		Metabolism Magic		Power up Your Wardrobe		How to Start Loving Yourself
Sugar Beaters		Control Cravings				
Label Lingo		The Behavior Chain				
Supermarket Smart		Dining Out				