

FREE Weight Loss Lecture

Hosted by Gwen Shamblin and
Weigh Down Ministries



*Gwen Shamblin, founder
of Weigh Down Ministries*

When: Wednesday, Nov. 17th

Time: 7:00 pm CT

(Online replay at 9:00 pm CT & 1:00
pm CT Thursday)

Where: ONLINE! Go to
www.WeighDown.com the night of
the event to log in*

Cost: FREE! No Sign Up Necessary!

Hear Registered Dietitian, Gwen
Shamblin, motivate you to start
losing weight TODAY! There will be
testimonies and discounts on classes
too!!

*If you live in the Nashville area,
please call for directions.

For more information: 1-800-844-5208
WeighDown.com