



## **In Store Event: Getting the Skinny on Fat**

**Fries, Thighs and Lies**  
**Wednesday, June 20th**  
**7:00 PM**

Join Deborah Arneson, BS, MS, LCN, for an insightful, practical and humorous look at nutrition to learn how to get rid of fat once and for all. Author of a new book, *Fries, Thighs and Lies*, Deborah's direct, no-nonsense talk about what works and what doesn't makes for an entertaining take on a deadly serious subject: the ineffective-at-best, disastrous-at-worst methods being promoted for dieting and weight loss. Deborah's 20 years of experience in the field and her passion for making nutrition fun are sure to inspire you!

**Space is limited so please RSVP to [info@walshhomeopathics.com](mailto:info@walshhomeopathics.com) or call 847.864.1600.**