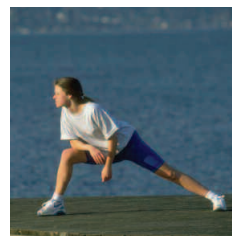


THE *Contagious* CONFIDENCE™ Conference for Women



How To Take Care Of The Body You Have And Get The Body You Want



Your Seminar Leader

Your seminar leader **Monica Wofford** is the world's first non-motivational speaker who provides results instead of rah-rah. She is also a wife, a sister, a daughter, a

business owner, coach, author and lover of food. She uses every ounce of energy she has in her classes with engaging, interactive training methods, yet was not friends with a treadmill, until she met Wendy Chant. She now stays healthy so that she can remain the President of Orlando based training firm, Monica Wofford International, teach learners all over the world, and play with her polo horses, for years to come.



Wendy Chant, today's fitness authority, is a healthy living advocate—a fitness and nutrition expert and someone who "walks the talk". She is a former body-builder and marathoner, with a degree in Medical Sciences and

Nutrition Science. Founder of ForeverFit, and author of "Crack The Fat Loss Code" Wendy's commitment to helping those who wish to lose weight goes far beyond the body and incorporates simple techniques for healthy living through balance. Her knowledge about the body and logical approach brings proven results and the confidence to live life well.

Join us in:

ORLANDO

Friday, February 29, 2008

Registration 8:15am

Seminar 9:00am-4:00pm

Sheraton Orlando North
600 Lake Destiny North, Maitland, FL 32751

What if tomorrow you were happy with the body you had and could stop stressing over it? What if you had the key to Cracking the Fat Loss Code and the knowledge to physically feel better and less stressed? These keys are what we call Contagious Confidence™ about your health and fitness.

The Contagious Confidence Conference for Women — Health and Fitness Focus is not an exercise class. It's not even a diet plan. It **IS** a one day conference on how to have less stress, better eating, and to actually use the knowledge that we have on how to have better bodies that we like and that work better for us.

Our sponsors include:

FOREVERFIT
www.joinforeverfit.com

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CORPORATE PRINTING SOLUTIONS

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McCoy Federal Credit Union
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TO REGISTER:

☎ 1-866-350-5323

☎ 1-407-877-8366

🌐 www.contagiousconferences.com

✉ Monica Wofford International
PO Box 683316
Orlando, FL 32868

Who Should Attend?

If you have ever lost the same ten pounds more than once OR ever tried a fad diet with little success OR if you have a good bit of stress in your life and much of it is from how you look and feel... then YOU should attend.

As a participant, you will receive your very own workbook, conference registration goodies, and a certificate of completion.

What You Will Get

How to apply immediately the information you have learned • **How to look at yourself and really like what you see** • How to enjoy exercise as a "to-do" • **How to make time for the "to-dos" that take care of you** • How to dress the body you have in ways that WOW • **How to include your family in your healthy habits without cooking multiple meals** • How to psych yourself up when you feel psyched out • **How to win the comparison game we all play** • How to be YOU and love it!



P.O. Box 683316
Orlando, FL 32868

Toll Free 1-866-350-LEAD
www.contagiousconferences.com

Contagious CONFERENCES
A SUBDIVISION OF MONICA WOFFORD INTERNATIONAL





THE *Contagious* CONFIDENCE Conference for Women

Enrollment Fee

\$297 per person until Jan 31
\$347 per person Feb 1- Feb 29

Enroll with 3 or more and save!

With 3 or more until Jan 31 – \$279 each.
With 3 or more after Jan 31 – \$327 each.

"You should definitely attend a Contagious Confidence Conference! Monica makes the day fly by and made so many points that I was able to use immediately. Several weeks after I attended her conference, I was still using the techniques she taught us. She rocks and is certainly contagious!"

B. Portman

Guarantee: If you're not happy, we're not happy. Go back to work and apply what you have learned at the conference. If you are not absolutely delighted with the results you achieve, notify us right away. We'll issue you an immediate refund without asking a single question. That's our guarantee!

"Uh-ohs" and Substitutions: If you have an "uh-oh" and need to change your plans to attend unexpectedly, you may do so. If we hear from you seven days before the conference date and you request it, we will send back your form of payment minus a \$25 administrative fee. "Uh-ohs" that happen within seven days of the conference will entitle you to reschedule for any of our upcoming seminars and apply your registration to that session. We know that life happens and encourage you to send someone with your ticket if you are unable to make it.

Tax Deductible: All expenses of continuing education (fees, travel, meals and lodging) undertaken to maintain and improve professional skills are tax deductible. Consult your tax advisor.

TO REGISTER:



1-866-350-5323



1-407-877-8366



www.contagiousconferences.com



Monica Wofford International
PO Box 683316
Orlando, FL 32868

Register by **PHONE** or **FAX** or **EMAIL**

for this invaluable one day conference

for more information visit **www.contagiousconferences.com**

When: Friday, February 29, 2008

Where: Sheraton Orlando North, 600 Lake Destiny North, Maitland, FL 32751

Time: 8:15am Registration, 9:00am – 4:00pm Conference

Lunch, workbooks, and certificates will be provided and are included in your registration.

Unable to Attend?

Order complete seminar materials—live recording—plus 100 pages of written material. \$149 plus tax. Check and credit cards accepted. Complete information below and fax back or mail to address below.

☐ **YES! Please send me the Seminar Materials.**

Attendee Information:

Please note: If you have registered by phone and paid by credit card, you do not need to return this form. For multiple attendees from different companies, please complete additional forms.

Name: _____ Group? I am # _____ of _____

Your Email: _____

Company Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Approving Supervisor: _____

Title: _____

Supervisor Email: _____

Payment Information:

☐ Credit Card Number: _____

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Exp Date: _____ Signature: _____

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