

CANYON RANCH TUCSON, ARIZONA LIFE ENHANCEMENT CENTER



A UNIQUE APPROACH TO WEIGHT LOSS

The right time to start losing weight is always right now and you will find the right way at Canyon Ranch.

February 14 – 21 & 21 – 28 May 9 – 16 & 16 – 23

Be empowered to chart your own unique way to a healthy weight in a remarkable week – or two – led by Canyon Ranch weight-loss experts who know what it takes from personal experience. Param Dedhia, M.D., and Jyotsna Sahni, M.D., will lead participants to weight loss that works – based on lifestyle.

At the beautiful Life Enhancement Center, a team of physicians, nutritionists, exercise physiologists and behavioral therapists will help you explore every aspect of losing weight – from exercise and nutrition to hands-on cooking classes and fascinating, informative presentations. Advanced metabolic assessment and counseling are included.

Every Canyon Ranch in Tucson stay includes:

- Gracious accommodations
- Three gourmet meals daily, plus always-available healthy snacks
- Generous allowance for spa, sports and integrative wellness services
- More than 40 fitness classes and activities daily
- Unlimited access to truly incredible facilities
- Round-trip transfers to and from Tucson International Airport, or complimentary valet parking
- The kindness, warmth and expertise of our caring staff

Save \$500 on either February program. Space is limited

**Contact Meyer-Franklin Travel today!
Tel: 295-4176 Email: etravel@meyer.bm**



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