



## Weight-Loss Coaching for Adults and Children

*Rabbi Eli and Mrs. Zakah Glaser,  
Certified Nutrition, Wellness, and Weight  
Management Consultants*

- **Torah-based** approach
- **Keep it off** - a sustainable approach to weight loss
- **Lifestyle changes** - Learn how to implement new behaviors to avoid emotional eating
- **Satisfying & Nutritious:** A simple food plan that is tailor-made for your individual needs, doesn't leave you hungry, & meets nutritional recommendations & reduced disease risk.

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