



Water with Lemon

60 extra pounds. An unhappy marriage. Food for comfort. Karen's life is falling apart. Then she meets an unlikely neighbor who reveals how a series of simple choices have the power to shape the life we have – into the life we want.

Karen's story of weight loss and personal transformation will touch your heart and open your eyes! It will reveal how eight powerful, core habits, when mastered one at a time, create an invisible force that will literally – change your life.

Water with Lemon Book Study

Time: 11:45 a.m. to 1:00 p.m.

Date: January 14, 2010

Location: 2nd Floor Conference Room
110 Courthouse Plaza (intersection of 5th and Humboldt)

Fee: \$12.00

(If you already have the book, the fee is \$2.00 for materials and samples)

Register early to pick up your book and begin reading about the eight core habits! For more information, please contact the Riley County Extension Office at 785-537-6350 or email Ginny Barnard at ginnyb@ksu.edu

Name: _____

Phone: _____ Email: _____

2009 Walk KS Participant _____ Yes _____ No

Make checks payable to: **Riley County Extension**