

Hello Everyone,

I hope everyone is well, had a great 4th of July, and was able to maintain without putting on the pounds :) If you had too much fun, don't be too critical of yourselves... Just get back on track !! Remember, this is a process, and none of us are perfect to say the least.

Below you'll find specials we're running for the month of July. I hope you might find something for yourselves that's beneficial. In addition, I'd like to introduce Sam for those of you who have yet to meet her. She is one of our very own at Blue Skies. Sam is part of the team at Blue Skies. She is an Aesthetician, Certified Laser Technician, Medical Assistant, and has a marketing degree in business. Wow, right !! Come talk with Sam about her weight loss journey **after losing a total of 40lbs.** We too can relate to the challenges you face because we've experienced it !! Today, Sam can also share her insight not only about losing, but presently, the ups & downs of weight maintenance. Management is a very critical area in the weight loss & wellness arena. However, this too is an area that I address and incorporate into your plan of care at Blue Skies.

July Specials:

Never Stop... This is a Celebration of living healthier !!

Happy 4th of July!

- Don't wait! Consider Botox, Filler & Body Contouring!
- Medically monitored weight loss program, with clinically proven results.
- Laser Hair removal in your back yard, best prices in town!

- Botox: \$10 unit
- Laser, Hair Removal & Body Contouring: Buy 3/1 FREE
- 20% Off Consultation
- Specials expire July 31, 2017

Blue Skies
Medical Weight Loss & Wellness
75 W Calle De Las Tiendas • Green Valley, AZ 85614 • (520) 625-4094