



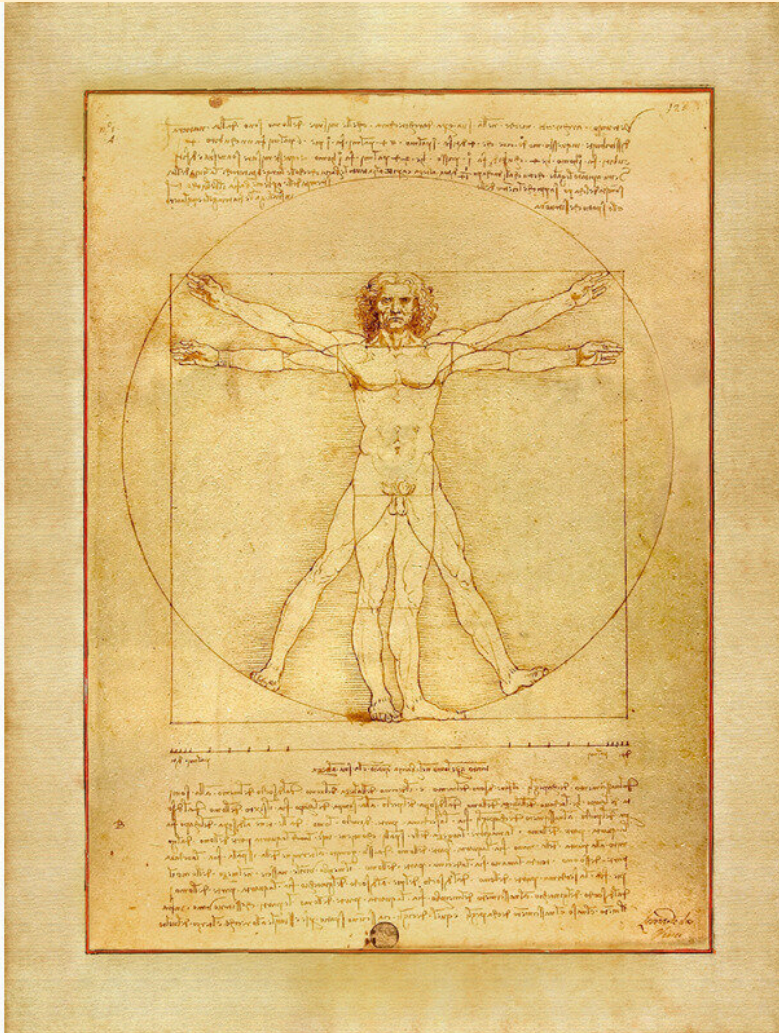
American Legion Golf Tournament

American Legion Post 0227 Tustin



21 Day Weight Loss Transformation

#8



Starting Bid **\$100.00**

Retail Value \$500.00

Donated by **Patrick Thomson**

Personal Weight Loss Program with Patrick Thomson, a heart attack/ quadruple bypass survivor, will share how to learn to eat healthy and read your blood profile. Â Includes 4 One-On-One meetings to 1) Create game plan and Blood profile analysis, 2) In-home kitchen makeover 3) Eat lunch together at a "healthy" restaurant and 4) Go grocery shopping together. Â Are you up to the challenge? Â Patrick will be with you every step

of the way in your 21 Day Transformation. Â Â Please only bid on this program if you are willing to put in the time and energy that it takes to transform you eating behaviors.