



*Sport & Spine Therapy of Marin is pleased to announce the second  
in our 2010 Lecture Series:*

## **Five Simple Steps for Effective Weight Loss**

**Presented by**



**Dr. Gail Altschuler,  
Bariatric & Family Physician**

**Thursday, February 11<sup>th</sup>  
7:00pm to 8:00pm**

**At Sport & Spine Therapy of Marin/Novato  
165 Rowland Way, Suite 101  
(Inside the Medical Offices next to Novato Community Hospital)**

**Dr. Altschuler, a bariatric (weight loss) specialist and family  
physician, will be discussing the most current medical  
research regarding weight loss and five specific steps you can  
take right now to create a healthier life.**

*The lecture is free and open to the public, but seating is limited,  
so please RSVP by calling our office at 415-898-1311.*