

If we wait for the moment  
when everything,  
absolutely everything,  
is ready,  
we shall never begin.

~ Ivan Turgenev ~  
novelist, poet, playwright

# WEIGHT ★ NO ★ MORE DIET CENTER<sup>SM</sup>



*No one does what we do!*

|                              |                                 |                                 |                                 |                                   |
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