

Dear Student,

You are registered for course #5302-399, "UltraSmart Weight Loss" with Mark Hyman & Pilar Gerasimo on October 10 - 12, 2008.

Please note that there is a special schedule for this course:

Schedule:	Friday	8:00 P.M. - 10:00 P.M.	Workshop
	Saturday	7:00 A.M. – 8:00 A.M.	Optional Be In Your Body Walk
		8:00 A.M. – 8:45 A.M.	Optional Conscious Eating Group
		9:00 A.M. – 12:00 P.M.	Breakfast
			Workshop
		12:15 P.M. – 1:15 P.M.	Optional Conscious Eating Group
		2:00 P.M. – 5:00 P.M.	Lunch
		5:00 P.M. – 6:00 P.M.	Workshop
		8:30 P.M. – 10:00 P.M.	Optional Workshop Session
	Sunday	7:15 A.M. – 8:00 A.M.	Optional Workshop Session
		8:00 A.M. – 8:45 A.M.	Optional Walk/Run Activity
		9:00 A.M. – 12:00 P.M.	Optional Conscious Eating Group
			Breakfast
			Workshop/Class Ends

Please be sure to wear comfortable clothes and bring a good pair of walking shoes with you to class. As part of your workshop experience, you'll receive a heart rate monitor and will be doing some heart rate work.

The Children's Program will be available during the non-optional hours of this workshop. The above schedule is subject to change at the discretion of the faculty.

We look forward to seeing you this summer!

Sincerely,

The Omega Staff