# Change Is Possible!





# Why Choose Kristen Hann Coaching?

I just knew something amazing was on the other side of my 100 extra pounds. Six years post-op I was absolutely right! Don't spend another summer with chafing thighs and dashed hopes.

### Reach out today and live...

100 pounds lighter100 times more confident100 percent ready for anything



www.kristenhann.com

# Certified Life Coach



# Kristen Hann MA

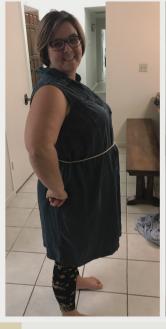
My response for every reason not to.

# LOSE 100 LBS. FOR GOOD





I know you can because I did!





### Kristen Hann, MA Certified Life Coach

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## Don't Wait!

You can't change yesterday, but you can restart today and reshape tomorrow with Kristen Hann Coaching. You can use the tool of Bariatric Surgery to lose 100 lbs and gain the life you've been waiting for!