



# Success Week & 40th Anniversary Celebration

Mark your calendar for **SUCCESS WEEK**  **OCTOBER 22ND—28TH, 2017**  
Guest speakers, alumni panel and special classes to be announced.

## TOPICS:

-  **Structure House Stay & Beyond: Tips for Success**
-  **Stress Management & the Food Emotion Connection**
-  **Lifestyle Changes — Mind, Body & Other Arenas**
-  **Successes Off the Scale**

*"Living the Blue Zone Life"* is our Success Week theme this year, where we want to recognize alumni who have been able to achieve a significant milestone in their weight loss journey. In continuing Structure House's Jacket Ceremony, all SH participants who have achieved 25 percent or more weight loss will be honored with a brand new Structure House Blue Jacket and receive recognition during their stay.

Alumni panels and forums will be facilitated with trending topics that celebrate both past successes and provide motivation for new and continued success. Look for the Panelist Application that will be sent out soon. Panelists who are chosen will receive 50% off their stay for the week.

Book your Success Week stay now and receive a 10% discount for the week's stay between October 22—28, 2017.

## Come Celebrate With Us!

For information and reservations, contact Sandy or Jennifer at  **(919) 794-8196**

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[www.StructureHouse.com](http://www.StructureHouse.com)