



Highlights from the July 2008 Costa Rica Adventure Trip

"Would I recommend this trip to any individual who just wants to have fun and visit with like-minded folks who are traveling on the same path to better health? Yes, yes, yes!" Geri Combs



"I now can understand why so many make this an annual/ semiannual event. Where could you go to find such a beautiful place with so much fun stuff to do each day and still have the delectable food too?" Carolyn and Glenn McCort

"For many years I've traveled much of the world - mostly studying the Art and Architecture of many countries. We had a saying that food didn't really matter that much since we had "eye candy" to keep us happy. Thank you for providing not only "eye candy" but "soul candy". I'd go on any of your trips in a New York minute." My best, Catherine Kaufman



"My scales at home proved that you really can eat all you want and still lose weight. Thank you for the careful behind the scenes attention you and your wife gave to make sure every meal was just right. Awesome adventures every day. I also really appreciated the guides." Mike and Arlys Fillman



The next Costa Rica trip will be February 4 to 11, 2009. Sign up soon, spaces fill up quickly. Right now airline tickets are affordable.

Much more [information](#) is on the web site.

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