

Wellness Center For Healing

# Dr. Kachmann's 12 Week Weight Loss Program



**Kachmann Mind Body Institute**  
Downtown & Lutheran Hospital Campus  
info@kachmannmindbody.com  
**260.420.YOGA (9642)**  
**KachmannMindBody.com**

## 12 Week Weight Loss Program Includes

- Meal plan with grocery list.
- Charting body fat, measurements and weight.
- Two coupons at Lutheran Labs for blood tests.
- Weekly weigh in.
- Online tracker tools.
- Two free group classes of your choosing.
- Healthy cooking demonstrations and recipes.
- Exercise demonstrations designed specifically for your busy schedule
- Weekly handouts and ongoing education.
- Professional guidance & motivation.
- Professional after photos.
- A supportive social network!
- Guest lecture by Dr. Rudy Kachmann.
- Healthy lifestyle tips to help you attain your goals.
- Communication & support with program educators to answer questions and offer specific ideas for your issues.
- 12 Weeks of FUN!

"Please pass my appreciation onto Kelly. The Kachmann staff is great to work with and the information we are getting in the 12 week sessions is worth so much more than the fee. I've informed several friends about the upcoming 12 week program. It never fails that when I am with a group of friends the topic of healthy eating and taking better care of ourselves comes up. I've incorporated several of the tips we've learned into my life and know my overall health will benefit. Again, thanks to all of you for putting together a wonderful program."

Marty Smith

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m i n d **B O D Y**  
i n s t i t u t e

**\$65/12 WEEK PROGRAM**

**FREE INFORMATIONAL DAY**

**Tuesday, September 8, 7-8pm**

Program Begins 9/15-12/8 The Chapel

**Saturday, September 19, 9-10am**

Program Begins 9/26-12/12

Kachmann Auditorium Lutheran Hospital

**Tuesday, October 13, 12-1pm**

Program Begins 10/20-1/5

University of Saint Francis-North Campus

Are you ready to change your life? Ready to shed those extra pounds for good? Ready to create the lifestyle you've always dreamed of and take control of your health? Dr. Rudy Kachmann's 12 week weight loss program is just for you. To begin, register to attend the free introductory session that will provide you with all the details of the program. There's no commitment, it's just an opportunity for you to have all of your questions answered. Join the Kachmann Mind Body Institute team of educators as they bring experience and knowledge to help you change your life!

Our program has helped hundreds of individuals attain life long goals of weight loss and health. No more confusing exercises programs; you will learn to maintain a healthy weight, reduce stress, and to live life to the fullest. This program uncovers the deceptions and misconceptions about exercise and nutrition and teaches you how to make healthy nutritional choices whether you're cooking at home or dining out. You will enjoy eating large volumes of high quality, natural, whole foods. You'll never diet again! In addition you will learn valuable mind body techniques to reduce stress, live in the present moment, and find true contentment and happiness in your life.

Kachmann Mind Body Institute is one of Fort Wayne's foremost leaders in exercise, nutrition, and mind body medicine. Our medical director, Dr. Rudy Kachmann, M.D., a highly regarded neurosurgeon for more than 40 years, and Co-founder Kelly Metzger RYT, CPT certified personal trainer and master yoga teacher are passionate about teaching individuals to take control of their health. Their vast experience, medical research, and personal curiosity has led them to uncover overwhelming evidence of the benefits of nurturing the mind body connection. Dr. Kachmann's 12 Week Weight Loss Program delivers reputable, sustainable, long lasting results.

The Chapel is located at 2502 W. Hamilton Rd. S, Fort Wayne, IN 46814. Enter Tower Foyer 11 and go to room 102ABC.

Register online or call to reserve your space today!