



Kachmann Mind Body Institute
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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. Dave Johnson
- 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!

"For years I said, 'if I could just lose 15 pounds I would be happy.' I tried weight loss supplements and changing how I ate several times to no avail. Through KMBI I discovered my missing link was just education of nutrition labels and what truly are healthy choices. In 12 weeks I lost 27 pounds and feel incredible! Little tips like 'eat your calories, don't drink them' and 'plan your meals in advance' proved to be common sense advice that made a huge difference. This class made me much more conscious of what I am putting in my body and made me realize small changes can cause big results!"

-Steve Weber

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 m i n d **B O D Y**
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Secrets of the Non-Diet Dr. Kachmann's 12 Week Weight Loss Program

\$99/12 WEEK PROGRAM
FREE INFORMATIONAL DAY

Monday, August 9, 7-8pm

Program Begins 8/23-11/15
 Kachmann Auditorium/Lutheran Hospital

Thursday, September 9, 12-1pm

Program Begins 9/16-12/9
 IPFW, Language Arts Building, Room 35A

Tuesday, September 14, 6-7pm

Program Begins 9/21-12/7
 IPFW, Language Arts Building, Room 35A

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 reduces 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 our Director of Weight Management, Erin Long, B.S., certified personal trainer and nutrition & wellness consultant, 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.

Register online or call to reserve your space today!