



Kachmann Mind Body Institute

Downtown & Lutheran Hospital Campus

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260-420-YOGA (9642)

KachmannMindBody.com

12 Week Weight Loss Program Includes:

- *Client Profile Questionnaire.*
- *Exercise demonstrations designed specifically for your busy schedule .*
- *Personal 7 day meal plan with grocery list prepared by a Registered Dietician.*
- *Learning mind body techniques to reduces stress with a certified Yoga Teacher.*
- *Two free group classes of your choosing.*
- *Learning accurate knowledge about nutrition and exercise to help you reach your goals..*
- *Learn to make healthy lifestyle choices to help you attain your goals.*
- *Professional guidance & motivation to help you reach your goals.*
- *Professional after photos.*
- *Developing a supportive social network!*
- *Communication & support with program educators to answer questions and offer specific ideas for your issues.*
- *12 Weeks of FUN!*

Wellness Center For Healing

Dr. Kachmann's 12 Week Weight Loss Program

Kachmann Auditorium/Lutheran Hospital Campus

FREE INFORMATION DAY

Wednesday, February 11, 6:30-7:30pm

\$50 / 12 WEEK PROGRAM

Begins: February 18, 2009, 6:30pm

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. No commitment, just an opportunity for you to have all of your questions answered. Join Kelly Metzger as she brings infectious passion and knowledge for helping you change your life!

Our program has helped hundreds of individuals attain life long goals of weight loss and health. No more confusing exercise programs. You will learn the answers to help you maintain a healthy weight, learn how to reduce stress and live life to the fullest. In this program you will learn mind body techniques to 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, meditation and stress reduction. Our medical director, Dr. Rudy Kachmann, M.D., has been a highly regarded neurosurgeon for more than 40 years. His vast experience, medical research, and personal curiosity have provided him with overwhelming evidence of the benefits of nurturing the mind body connection. Dr. Kachmann's program delivers reputable, sustainable and long lasting results.

Register online or call to reserve your space today!

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