



# Weight Loss Management Dr. Kachmann's Weight Loss For Life!

Thursdays 6:00-7:00pm  
Kachmann Auditorium/Lutheran Hospital Campus

PROGRAM RATES: \$75/3 Months, \$139/6 Months, \$249/1 Year

## PROGRAM INCLUDES:

- *Weekly weigh-in.*
- *Weekly group discussion.*
- *Recipe exchange & sampling.*
- *Support to help resolve your specific issues.*
- *One-on-one guidance from an experienced weight loss assistant.*
- *Meal plans & suggestions to help with personal taste.*
- *Continual charting of body fat, circumference measurements, & weight.*
- *Healthy cooking demonstrations & recipes.*
- *Healthy tips for dining out.*
- *Exercise & yoga demonstrations .*
- *Weight Maintenance – the healthy link.*
- *Goal setting & achievement.*
- *Strategies for life-long weight loss.*
- *Learning to reduce stress & improve health through mind body techniques.*
- *Self-Monitoring & healthy solutions for day-to-day problems.*
- *Are you really eating healthy? Removing old habits.*
- *Help you succeed in keeping the weight off and attaining life long health!*

Whether your goal is to lose weight or to simply maintain a healthy lifestyle, Dr. Kachmann's Weight Loss For Life program is just for you. Our program makes it easy to stay on track with an environment of support, education, and accountability. Each week includes weigh-ins, group discussion, healthy recipe exchanges, and educational presentations by expert guest speakers.

We understand the challenges in maintaining a healthy lifestyle. Regular ongoing support, motivation, and education are essential to continuing on the journey towards healthy living. Our program allows you to have a voice and express your experiences during group discussion and offers accountability with weekly weigh-ins and ongoing support.

Register online or call today!

**Kachmann Mind Body Institute**  
Lutheran Hospital Campus  
info@kachmannmindbody.com  
**260-420-YOGA (9642)**  
**KachmannMindBody.com**

k a c h m a n n  
*mind***BODY**  
i n s t i t u t e