

“WHY WEIGHT” Buddy Program Weight Loss Program

Do you and your spouse want to achieve greater health this Spring? Or would you and a friend be interested in providing support for one another on a weight loss journey?

Then “WHY WEIGHT” Michiana?!?!?

“WHY WEIGHT”

Is a program we have developed for couples and friends. It is a non-surgical weight loss program to help you reach your weight loss goals through a healthy and easy lifestyle change.

This program is currently offered through
Memorial Weight Loss and Bariatric Surgery Center

Please call to schedule your initial consultation as soon as possible, as they will fill up quickly!!!

“WHY WEIGHT” Buddy Program

12 Week Group Program

Total Cost: \$650.00 for two!

Includes:

- Weekly 30 minute group meeting
- Education on healthy eating habits and lifestyle change
- Weekly journaling and weigh in
- Classes taught by a Registered Dietitian
- Metabolic Test
- Cholesterol and blood sugar
- Blood pressure
- BMI

**To register or for more information contact
Memorial Weight Loss and Bariatric Surgery Center
574.647.6400**