



# WEIGHT LOSS SERIES

"I will get to my goal weight and keep it off...for about 4 months before I start to gain it back."

**THE GOAL NO ONE SETS.  
THE RESULTS TOO MANY GET.**

Ready for Long-Term Weight Loss Success?

Join our 4-Part GLP-1 Weight Loss Success Series and get the ongoing support you need to make your results last.

This series is for anyone using or considering weight loss medications. We'll help you understand how they work and give you the tools to build habits that stick, long term.

What You'll Gain:

- ✔ **Session 1: Get Clear on How Weight Loss Medications Can Work for You**
  - Understand how GLP-1s work, manage side effects, and set inspiring goals.
- ✔ **Session 2: Master Healthy Eating Without the Struggle**
  - Learn meal planning tips, strategies to overcome self-sabotage, and find balance. (DONE!)
- ✔ **Session 3: Build a Workout Routine You'll Actually Stick To**
  - Discover exercise that fits your life, set achievable goals, and stay motivated. (DONE!)
- ✔ **Session 4: Maintain Your Success and Keep the Weight Off**
  - Transition off medication confidently and create lasting habits for ongoing success.



## JOIN US!

Didn't attend  
a prior  
session?

You can still  
join us for the  
remaining.

### Stay tuned for details

Complimentary for  
our practice members

Zoom links are sent to your inbox the day prior to the session. Check your Spam Folder.