



your **WEIGHT.** *your* **WAY.**

Nutrition/Weight Loss Class

**TUESDAYS AT 5:15PM
BEGINNING AUGUST 13**

10-week program taught by a Health Coach

SUMMER SPECIAL PRICE of \$149

(Regular Cost to Participate: \$239)

**ALL CLASSES WILL BE HELD AT:
Franciscan Health Weight Loss Center
5230 E Stop 11 Road, Suite 190
Indianapolis, IN 46237**

PLUS! RECEIVE A FREE FITNESS ASSESSMENT before and after your 10-week session as well as access to our facility for the duration of the program. To register, email [Franciscan Wellcare: CIRFranciscanWellcare@franciscanalliance.org](mailto:CIRFranciscanWellcare@franciscanalliance.org). Space is limited.

FREE SUCCESS KIT

WORTH \$25!

Water Bottle, Portion Control
My Plate and Exercise Band

 **Franciscan HEALTH**