

# TAKE CONTROL OF YOUR HEALTH

This program is all about **YOU!** Over a 16-week period you will build and execute a personalized plan catered to your weight and fitness goals. In small group class sessions, participants will be given the necessary tools and information to adopt healthy lifestyle changes. Led by Docere's certified nutritionist **Ivana Petrovic MS, RDN, LD**, each class is designed around important topics and techniques to help you master the lifestyle changes needed to meet your fitness and weight goals.

Ivana will keep you motivated and moving toward your goal. Bi-weekly progress check-ins will keep you on track with your goal and group discussion among participants will facilitate an open forum of health related topics. And to keep your eye on progress toward your fitness and weight goals, you'll have the chance to receive **exclusive rewards** from Docere as you reach your milestones.

At program conclusion, we'll have a **Lifestyle Champion** who will win a free massage, signature facial or a free CoolSculpting treatment a - \$750 value! (*Winner based on greatest percentage weight loss.*)

Visit

[DOCEREMEDSPA.COM/HEALTHY](http://DOCEREMEDSPA.COM/HEALTHY)

for additional information

## FALL 2017 SEMESTER

*Dates and Topics*

- Class 1: August 26, 2017 - *Welcome!***  
Basics of Weight Loss & Goal Setting  
Weigh-in  
Questions/How to contact Ivana
- Class 2: September 16, 2017 - *Lean Out***  
Weigh-in/Goal check-in  
Learn about your plate  
Goal Setting/Modification
- Class 3: September 23, 2017 - *Mindfulness***  
Weigh-in/Goal check-in  
Portions and practicing awareness  
Goal Setting/Modification
- Class 4: October 7, 2017 - *Eyes on the Prize***  
Weigh-in/Goal check-in  
Staying Motivated  
Goal Setting/Modification
- Class 5: Oct. 21, 2017 - *Diet Basics/Meal Planning***  
Weigh-in/Goal check-in  
Time/Money-Saving/Reducing waste  
Goal Setting/Modification
- Class 6: November 4, 2017 - *Nutrition Mythology***  
Weigh-in/Goal check-in  
Weight Loss and Diet Myths/FAQs  
Scams  
Goal Setting/Modification
- Class 7: November 18, 2017 - *Sodium***  
Weigh-in/Goal check-in  
Sodium & Heart Health  
Goal Setting/Modification
- Class 8: Dec. 2, 2017 - *Keep Up the Good Work!***  
Weigh-in/Goal check-in  
Weight Maintenance  
Awards  
Goal Setting/Modification

## BODY BY DOCERE

### Healthy Lifestyle 16 Week Group Program

*Special Intro Rate for Program (If Signing Up On August 5th)*

**\$490/person**

Or

*Docere Friends Program*

**\$950 per two friends**

- This is a 16-week program, based on semesters (Spring, Summer, Fall).
- Group sizes are limited to 10 people per semester.
- Classes meet once every other week (8 total in-person, 60-minute group classes), for one hour (12pm-1pm).
- Emails or texts in between meetings.
- A group chat feature is available to discuss progress, set-backs, and share ideas.
- Awards will be presented at the end of the program!

## NUTRITION CONSULTATIONS

### Individual Initial Nutrition Consultation

This private session includes nutrition history, evaluation and plan development. (60 minutes)

**\$125 per Initial session**

### Individual Nutrition Follow-Up Consultation

Monitor and review progress. (30- 45 minutes)

**\$75 per Follow-Up**

### Individual Package - Three Consultation Sessions

Individual Initial Nutrition Consultation (60 min) + 2 Nutrition Follow-Ups (30-45 min each)

**\$225 per Package**