



AIM for Permanent Weight Loss

Jump-start the year with our 12-week nutrition and weight-loss program!

Registered dietitian Katherine Mattox leads AIM's unique, 12-week wellness program where you can learn how to sustain weight loss for the long term – to achieve your goal weight and lifelong metabolic balance.

The program will include Katherine's 6-week elimination diet with reintroductions to help you get to know your body, group discussions and support, and interactive learning – including recipe demonstrations, and a virtual grocery store tour! And so you can fully understand the dynamics of your changing body, we've included two FREE InBody 570 body composition assessments (an \$80 value) in this session.

Katherine will also create a weekly meal plan for you to help restore your taste buds' natural response to healthy foods, decrease full-body inflammation, and establish a health-aware eating routine that can last you a lifetime.

Using the best conventional weight-loss practices combined with proven functional medicine methods, Katherine will guide you in forming long-term, healthy habits that can:

- Decrease chronic inflammation
- Stabilize your blood sugar
- Reduce your food cravings
- Lessen the toxic burden on your body
- Optimize your metabolism

When: Wednesdays, 6-7 p.m., January 13 through April 7, 2021

Where: Hosted Virtually

Cost: \$299

Space is limited, so contact us at 513-791-5521 to reserve your spot today!



Get Well. Be Well. Stay Well.