

Our Program



5 servings of fruits & vegetables
3 Meal replacement shakes
2 Protein bars
1 Nutritious meal



Weekly remote educations for 6 months focused on weight loss



Many class offerings:
Monday at 12 PM or 6 PM
Tuesday at 5:30 PM
Wednesday at 12 PM or 6 PM
Thursday at 12 PM



Smart Body Scale + Mobile App



6 month + support in maintenance for long-term lifestyle changes

5-3-2-1 PLAN



Focus of program education:

- Increasing fruits and vegetables
- Increasing structured exercise and daily activity
- Promoting positive behavior change
- Self-monitoring of weight management efforts
- Goal setting
- Long-term lifestyle change

Flexible Program Costs:

- Monthly payments or paid in full discounts available

NEXT STEPS



Pay program fees online:
myclinicshop.com/ku-weight-management/



Use coupon code **NEWSCALE** for
a free scale with your Phase 1 program.

You will receive an email from one of our co-coordinators to get you set up for a program orientation within 2 business days.

Instructions will be providing for purchasing your first food order, attending class, and receiving your weight management book.



CONTACT



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