

E.N.E.R.G.Y Weight Loss Program

Wednesday Lunch Hours or Thursday Evenings
May 4 — June 9, 2011

The Logan Institute for Health and Wellness
Call 317.598.4325 to register



Pamela Reilly is a Naturopathic Nutritionist, CNHP, CNC, CPH who is an expert on healthy weight loss. Having once weighed almost 200 pounds, she knows personally how tough it can be to lose weight and create good habits.

Her own battle with weight inspired her to create the E.N.E.R.G.Y Weight Loss program to share proven techniques for creating lifestyle change with others. She is in practice at The Logan Institute for Health & Wellness, providing nutritional counseling and naturopathic health consultations.

The E.N.E.R.G.Y Weight Loss Program is a 6-week program combining Education-Nutrition-Exercise-Results-Goals & YOU. Different from other programs, this program provides:

- Nutritional training to help you make better choices at every meal
- Fitness counseling to support you in creating solid exercise patterns
- Group support to cheer you on every step of the way with access to an online support group
- Proven techniques for conquering negative thought patterns that sabotage your weight loss efforts
- Bio-Impedance Analysis Testing before and after the program to assess changes in Basal Metabolic Rate, cellular water content & other important health indicators
- An Ultra-Clear Detoxification supplement and guide
- Half-hour consultation with Pamela Reilly, Naturopathic Nutritionist, included at no extra charge!

Program fee: \$295. Please call 317.598.4325 to register.

Program sessions: Wednesdays from 11:30-1 pm OR Thursday evenings, 6:30-8 pm.



The Logan Institute for Health & Wellness
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A comprehensive patient-centered practice that uses integrative methods to help you achieve wellness