

Dr. Jarrett's Weight Loss Clinic

Designed by Dr. Novlet Jarrett Davis, Board Certified Specialist in Internal Medicine

An initial medical exam by Dr. Davis is followed by weekly meetings at Moses Cone Education Center

We focus on the elements that will help reduce your weight:

- essential education
- sensible exercise routine
- medications if indicated
- medical supervision
- social support
- measurement tools & feedback
- low calorie diet
- personal persistence

Gym membership is included at "The Club," or you may chose a personal trainer to work with you for three (1 hour workout meetings) per week. Registered Dietitian meal plan counseling is included with the weight loss program.

Massage Special

Come in for your **FIRST WEIGHT LOSS CONSULTATION** and start up exam, and afterwards receive our massage special coupon:

**FREE 30 minute full body Swedish massage,
with a complementary paraffin hand treatment,**

This offer is valid for the first 5 people who call in to schedule an appointment regarding the weight loss program.

Call now, and begin a new wonderful lifestyle change!



Dr. Novlet Jarrett Davis