



Mirbeau's Six-Week Weight Loss Program is a comprehensive plan that joins participants with professionals in the fields of nutrition and exercise to create self-directed, lasting changes aimed towards maintaining healthy habits and promoting overall wellbeing. It includes:

- Initial 60-minute consultation with Registered Dietician, Kathleen Miller
- Weekly 30-minute follow-up appointments with Registered Dietician, Kathleen Miller
- Bi-weekly support group meeting hosted by Exercise Physiologist, Robyn Holstein
- Healthy Recipe book prepared by Mirbeau
- Initial evaluation, charted progress and final evaluation
- 6 specialty classes per week exclusive to weight loss program participants taught by Mirbeau instructors (yoga, cardio, strength and BarreFlow)
- Mirbeau Virtual Wellness Membership (access to over 50 classes each week)

Receive this comprehensive weight loss program (valued at \$1,049) discounted over 50 percent!

Price \$495

Limited space available. Minimum participation required.

Contact Robyn Holstein for any questions or assistance in registering at robynh@mirbeau.com

Visit to Register: <https://www.mirbeau.com/virtual-wellness/>