



MIRBEAU AT HOME

Mirbeau's Virtual 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 Dietitian, Kathleen Miller
- Weekly 30-minute follow-up appointments with Registered Dietitian, Kathleen Miller
- Bi-weekly support group meetings hosted by Exercise Physiologist, Robyn Holstein
- Healthy Recipe book prepared by Mirbeau
- Initial evaluation, charted progress and final evaluation
- Mirbeau Balanced Wellness Membership (access to nearly 70 live stream classes each week)

Receive this comprehensive weight loss program discounted nearly 40 percent!

Price \$595

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/>