



# YOUR WEIGHT is over!

## INSIGHTS

From Board Certified  
Obesity Medicine Expert  
Michael Simpson, MD

**Are you tired of going on and off diets?** Looking to feel better, have more energy, and improve your overall health while losing weight? If you answered **YES**, this seminar is exactly what you need. Dr. Michael Simpson, Board Certified Bariatrician at Healthy 4 Life Advanced Weight Loss Center presents the most current information on what successful weight loss patients **DO** to not only **LOSE WEIGHT**, but **KEEP IT OFF!**

**Wednesday**  
**February 17, March 10, April 21 or May 19**  
**6:30–7:30pm**



Register for a FREE virtual seminar!  
**219-836-3477**

NOTE: This seminar will be provided via ZOOM, unless it is appropriate to hold in person at St. Mary Medical Center – Hobart, Indiana. Exact location information will be provided upon registration. This session will NOT provide information on weight loss surgery.