

## Marc C. O'Meara, RD, LD, CDE

136 Mill Road

Littleton, MA 01460-1548

(978) 337-1059

[marc@eatbalancednutrition.com](mailto:marc@eatbalancednutrition.com)



## New Year's Resolution Weight Loss Package

To help you start the New Year off right, I have put together a special offer that will help you stick to your personal commitments.

### 12 Month Package:

- Day 1 – Initial Appointment (45 minutes)
- 1 Month Later – follow-up appointment (30 minutes)
- 1.5 Months Later – follow-up appointment (30 minutes)
- 1.5 Months Later – follow-up appointment (30 minutes)
- 2 Months Later – follow-up appointment (15 minutes)
- 2 Months Later – follow-up appointment (15 minutes)
- 2 Months Later – follow-up appointment (15 minutes)
- 2 Months Later – follow-up appointment (15 minutes)

Note: The spacing of the appointments can be modified.



This package is available for you or can be given as a gift for a loved one. Other packages can be tailored to your individual needs. If you are a PersonalMDs patient, ask me about how this program can be added to your current PMD program.

All 12 months of nutrition counseling for **\$648**

\*Package price reflects a 10% discount.



If you have questions, you can call me at **978-337-1059** or send me an email at [marc@eatbalancednutrition.com](mailto:marc@eatbalancednutrition.com). I look forward to helping you reach your goals!