

# WANT TO LOSE WEIGHT & KEEP IT OFF?



**"Weight Loss with Hypnosis:  
Using Your Mind  
for A Change!"**

**Dr. Kathy Doner**  
Certified Hypnotherapist and  
Board Certified Internal Medicine  
**A four session series,**

**Weds. Feb. 6 through Weds. Feb. 27**  
**6:30-8:30 pm**

**\$119 for all four sessions & three CDs**

*Easily decrease cravings, change lifestyle habits,  
control stress AND stay motivated to exercise!*

**For more information visit:**  
**[www.KathyDonerMD.com](http://www.KathyDonerMD.com)**

SRMC Dining Room 1. Space is limited,  
Reservations necessary -  
Call Dr. Doner 772-581-0221  
for pre-registration and payment.

