

# 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,**

Mon. Mar. 10 through Mon. Mar. 31  
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.

