

Introducing



TAKE CHARGE®

**PROFESSIONAL WEIGHT LOSS
HEALTHY LIFESTYLE STRATEGIES
FOR ALL AGES**

Now Available At



*Corner Drugs &
Compounding Center*

Take Charge Weight Loss & Healthy Lifestyle Strategies is a system of lifestyle modifications based on pharmacists teaching their patients how to live healthier lives through proper nutrition and fitness. It is a proprietary system with over 15 years of clinical documentation and studies done by major universities and you will find it only through a trained Take Charge® pharmacist.

Your Take Charge pharmacist can help you Take Charge of your life by serving as your educator, motivator, monitor and your guide through trial and error as you learn and implement lifestyle changes that will improve your health and well-being. The program begins as your Take Charge pharmacist gathers information about you and your personal and family health history and existing lifestyle habits. Also during your first visit, body measurements and composition readings are taken in order to get a starting point for you.

On the second visit, your pharmacist will provide you with a full color Lifestyle Evaluation printout based on risk assessment information from the first visit. This report provides you with valuable information about your health, including how likely you are to develop some of the diseases that are now the leading killers in America... diseases such as diabetes, heart disease, osteoporosis, alzheimer's and more. This report serves as a reference point as you move through the program and when seeing it, will certainly serve as a motivational tool, ultimately helping you reach your personal goals.

At each weekly visit, you will be provided with educational materials that address specific elements of making lifestyle changes. Through these books and interaction with your Take Charge pharmacist, you will slowly gain knowledge that will be vital in making the desired changes to your lifestyle habits. You will see first hand that you can make changes and that these changes will have a positive impact on your health.

At the end of the 13 week program, your Take Charge pharmacist reviews your progress with you and continues by helping you establish a plan for continuing or maintaining your success. You and your Take Charge pharmacist may even consider continuing with your weekly meeting in order to continue progress toward your ultimate goals or even if you wish to maintain support in maintaining your results. Many patients are so satisfied with their results, they continue with the program for as long as 18 months.

Call us today for a free initial consultation and we will show you how to live a longer, healthier life.



**Corner Drugs
(706) 695-0444**



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