

GENTLE NATURAL EFFECTIVE
Chiropractic
Weight Loss

Wise Weighs
was conceived and developed by Penny Park and Emmi Kishi who have over 20 years combined experience in the Health, Nutrition, Weight-loss and Wellness field.

Penny Park
Certified Nutrition Consultant
& Weight-Loss Coach
Emmy Kishi
Weight Loss Coach

Conveniently located in Dr. Guthrie's Office

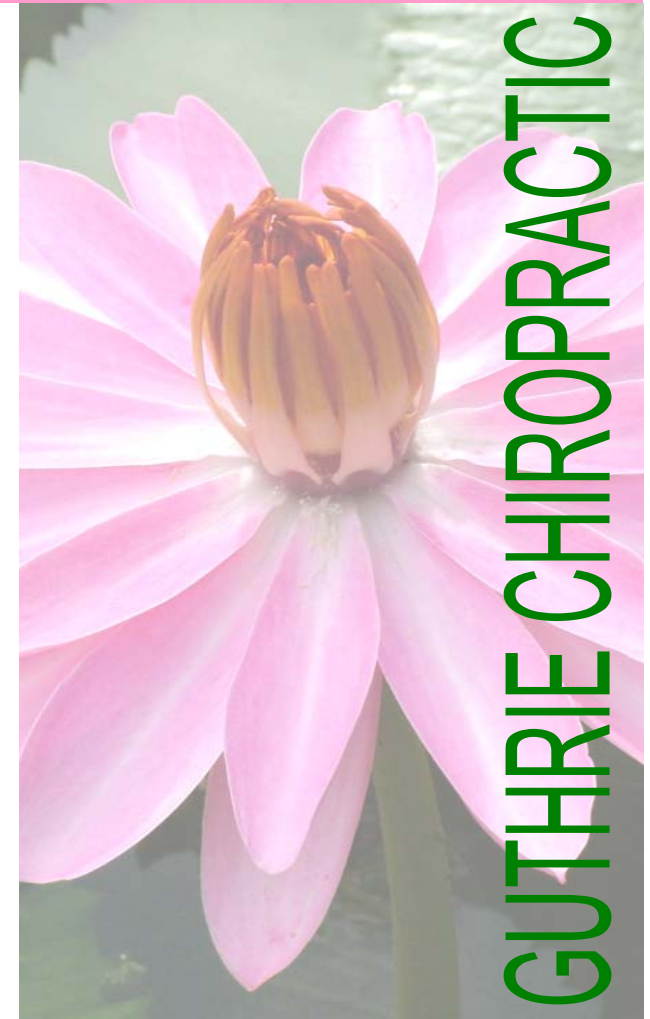
Guthrie Chiropractic & Massage
235 W. 10th Ave.
Eugene, OR 97401
Ph: (541)683-9069
Fax: (541)431-7001

www.mydocwade.com

email: receptiondesk@mydocwade.com

Office Hours
Monday - Thursday
8:00am - 7:00pm

Massage available evenings and weekends too.



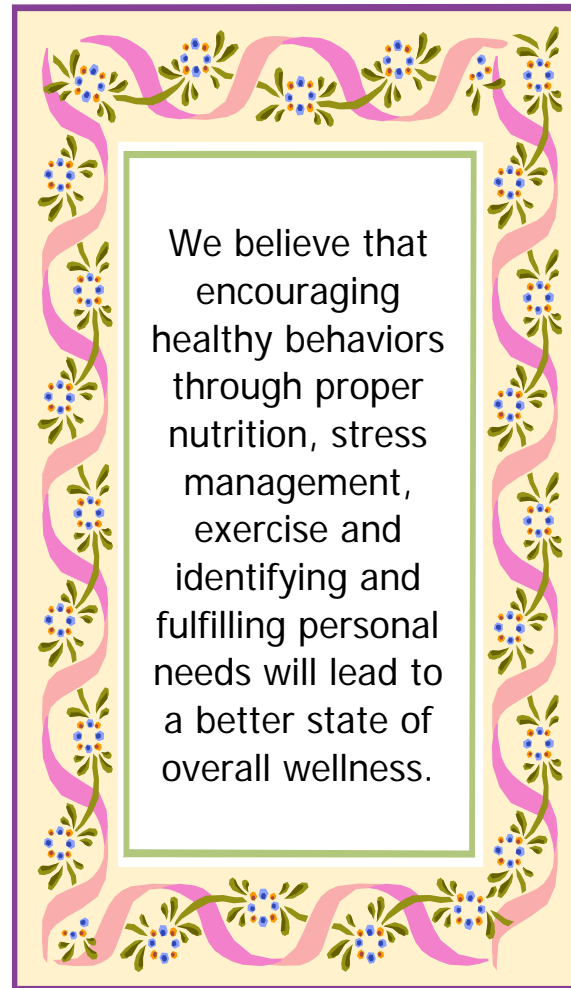
Thank you for sharing
our brochure with others.

Wise Weighs to lose weight

*An individualized,
compassionate & confidential
approach to weight-loss.*



- Free consultation!
- Learn balanced portions and combinations of foods
- Lose 1½-2½ lbs a week
- One-on-one counseling
- No drugs or pre-packaged foods!
- 6-12 week programs available
- Lose the weight and learn how to keep it off permanently!
- Understand how your feelings & thoughts relate to your eating.



Mission Statement

Our mission is to help people achieve inner and outer harmony in their lives that will allow for a better body-mind connection so that health, peace, joy and weight management become a reality.



Wise Weighs is a client centered, motivational weight-management and nutrition consulting program that provides one-on-one counseling and customized nutrition plans to fit your unique needs and lifestyle.

Through education, counseling and guidance Wise Weighs helps you improve your health and body image to give you the confidence to manifest your goals and be the person you truly want to be!

HELPING YOU MAINTAIN A HEALTHY AND ACTIVE LIFESTYLE.
GUTHRIE CHIROPRACTIC