

Weekly Newsletter

what's happening this week



Virtual Support Group

THURSDAY JAN 26 @ 6:30 PM ON ZOOM

Join Shelly Tjapkes, LPC to talk about **setting boundaries and goals this new year**. Shelly will help you identify easy goals to implement so you can be the best you this year! Feel free to share your progress or struggles, or just join & listen in.

Find the link to join us at:

<https://drbriangluck.com/support-group/>

Did you know that we offer a non-surgical weight loss program?

We offer an affordable, comprehensive non-surgical program for those who don't qualify for bariatric surgery.

This 12-week program includes customized meal plans, physician evaluations, nutritional counseling & medication options.

For more information, call 231-737-8446 or visit our website at drbriangluck.com.

