

IN SHAPE WEIGHT LOSS LLC.  
PERSONAL PACKET OF INFORMATION  
(423) 968-4353

**Office Hours**

Monday- Wednesday 9:00 am - 4:30 pm

Saturday 9:00 am to 2:00 pm

Thursday 9:00 am - 8:30 pm

Friday 9:00 am - 5:30 pm

**Clinic Hours**

Thursday 5:30 pm - 8:30pm

Friday 11:00 am - 5:30 pm

Tuesday 11:00 am - 2:00 pm

All new client's **MUST** see the **Nurse Practitioner** . **THE FIRST 2 VISITS NO EXCEPTION'S.** After the first two visits you **MUST** see N.P. **every third month.** This means you can pick up 2 consecutive refills prior to next N.P visit. Appointment's are encouraged but not required for clinic times. It's not necessary to make an appointment to weigh-in.

Counselors : Julia Worley, Tonya Smith, and April Shiplett

Supervising Physcian: Dr. Aubrey McElroy M.D.

Nurse Practioner : Donna Walker

Assistant : JoAnne Harbour

Clinic Owner : Sally Arney

**Additional services**

Lipo-vite injections \$20.00

Microdermabrasions \$50.00

The following services require a \$50.00 deposit :

Botox \$500.00

Restylane \$375.00

Carbossi Therapy \$275.00 per treatment

Teeth Whitening \$150.00 per treatment

**HOW TO TAKE YOUR PHENTERMINE :**

**1<sup>st</sup> week : TAKE ONE PILL OR CAPSULE A DAY AT BREAKFAST**

**2<sup>nd</sup> week : INCREASE UP TO ONE PILL OR CAPSULE TWICE DAILY**

**First one at Breakfast second one at lunch.**

Taking Phentermine past 2:00 pm may cause insomnia. Never take more than two capsules or pills per day. Never take more than one tablet or capsule at a time. If you experience any complications or side effects please let a staff member know immediately. **ONCE MEDICATION IS DISPENSED IT CAN NOT BE RETURNED OR EXCHANGED. NO EXCEPTIONS!!!**

**THANK YOU FOR CHOOSING IN SHAPE WEIGHT LOSS CLINIC**