

# Precision Wellness

## Samaritan's Medical Weight Loss Program

### 16-week Lifestyle Change Program

Do you aspire to get healthier and improve physical fitness?

Are you interested in evidence-based medicine that works?

This program is for you!



Precision Wellness is a 16-week program led by experts in the field of obesity medicine designed to teach you the skills you need to gain optimal health and wellness through nutrition, physical activity, mindfulness, sleep and more! On average, participants lose about 6% of starting body weight, some participants have lost up to 20% of starting body weight. As part of the program, you will meet with Dr. Katy Brown to discuss pharmacotherapy options that can help with weight management.

**When:** Starts 3/3/2026.

**Duration:** 16-week program.

**Meeting Times:**

- Tuesdays 4-5 p.m. virtual classes (2 sessions in-person).
- Thursdays 4-5 p.m. physical activity at SamFit in Albany.

**Eligibility:**

- 18 years of age or older.
- BMI of 27 or greater.

**Cost:** \$999 for the program. Includes:

- 16 lifestyle classes.
- 10 specialized small group training fitness classes led by personal trainers.
- 4-month membership to SamFit.
- Program manual with 8 weeks of meal plans and grocery lists.
- Habit change book
- Cooking demonstration & samples
- Body composition analysis throughout the program.

\*There maybe additional charges for medical visits, lab work and pharmacotherapy which are billed to your health insurance plan.

For more information about our programs scan the QR code below:

